

What Did You Eat Yesterday?



The Learning Seed

Master Food List

For use with Learning Seed Company software program

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THE LEARNING SEED COMPANY

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MASTER FOOD CHART

Alphabetical Order

The number on the right side of each column is the number to use when asked "What number off the chart?" The list here is of foods in a alphabetical order. The foods are also listed by food type at the rear of this guide.

40% Bran Flakes—Kellogg's—2/3 cup	509	Beef Teriyaki—Stouffer's—9 3/4 ozs.	1000
Alcohol—1.5 Ounces (E.G.—gin, rum)	1	Beef—ground round—four ounces	200
All Bran cereal—1/3 cup	850	Beef—lean chuck roast—braised—6 oz.	176
Alpha-Bits cereal—one cup	510	Beef—porterhouse—lean—trimmed-1 lb.	178
Animal Crackers—Barnum's—10 cookies	248	Beef—rib roast—six ounces	179
Apple Butter—Bama—two teaspoons	824	Beef—rib steak—lean—six ounces	180
Apple fritter—Mrs. Paul's—two	680	Beef—round steak—lean—six ounces	181
Apple Jacks cereal—one cup	511	Beef—Rump roast—lean—six ounces	182
Apple juice—can or bottled—6 oz.	2	Beef—sirloin steak—lean—six ounces	183
Apple—raw with skin	44	Beef—Sirloin tip roast—lean-6 ounces	185
Apples—dried—two ounces	744	Beef—T-bone—lean—broiled—7 oz.	184
Applesauce—Del Monte—1/2 cup	45	Beer—typical light beer—12 ounces	5
Apricots—fresh—average size—three	47	Beer—typical—12 ounces	6
Arby—French Dip sandwich	614	Beets—canned—Del Monte—1/2 cup	84
Arby—Ham 'N Cheese sandwich	615	Beets—fresh—cooked—1/2 cup	85
Arby—Roast Beef sandwich	612	Biscuit—Pillsbury Buttermilk—one	704
Arby—Super Roast Beef—one	613	Biscuit—Pillsbury Hungry Jack Flaky—1	705
Artichoke Hearts—frozen—Birds Eye-3 oz	756	Biscuits—Pillsbury Butter—1 biscuit	951
Asparagus—canned—spears & tips	81	Biscuits—Pillsbury Country Style—1	235
Asparagus—fresh—cooked—6 spears	82	Biscuits—Ballard Ovenerady Buttermilk-1	952
Asparagus—frozen spears—3 oz.	83	BK—Chicken Broiler Sandwich	595
Avocado—one-half medium size	43	BK—Chocolate Shake—ten ounces	596
Awake Frozen Orange Concentrate—6 oz.	4	BK—Double Whopper	591
Bac 'Os—bacon bits—one tablespoon	930	BK—Double Whopper with cheese	592
Bacon—cooked—two slices	175	BK—French fries—medium salted	593
Bagel—egg—one roll	233	BK—Onion rings	594
Baked Potato—cheese stuffed—frozen	956	BK—Whopper sandwich	589
Baking Powder—one teaspoon	901	BK—Whopper with cheese	590
Baking Soda—one teaspoon	899	Blackeye Cowpeas—cooked—1/2 cup	86
Banana Bread—Quick Mix—1/12 loaf	945	BLT sandwich on white bread—one	322
Banana—medium—Del Monte	49	Blueberries—fresh—1/2 cup	50
Bar—Dole Fruit'n Juice Bars—typical	974	Blueberries—frozen—1/2 cup	51
Bar—Sunkist Lemonade Bar—one	942	Bologna & Cheese—Oscar Mayer—1 slice	721
Bar—Sunkist Orange Juice Bar—one	941	Bologna—regular thickness—2 slices	186
Barbecue Beans—Campbell's—8 ounces	653	Bologna—turkey—Eckrich—2 slices	187
Barbecue Sauce—Open Pit—one tbsp.	438	Bouillon Cube—Wyler's—one cube	638
Barley—Quaker—1/4 cup	103	Bouillon—Maggi—Chicken flavor—1 cube	691
Bass—broiled—3.5 ounces	154	Bran Buds cereal—1/3 cup	851
Bass—oven fried—four ounces	155	Bran Chex—2/3 cup	512
Bean Dip—Frito Lay—one ounce	439	Bran Muffin Crisp cereal—2/3 cup	538
Beans—Baked Vegetarian—B&M—8 oz.	917	Bran—unprocessed—Quaker-2 tablespoons	536
Beans—Barbeque baked—B&M—8 ounces	916	Bratwurst—one average sausage	188
Beans—Garbanzo—Joan of Arc—1/2 cup	957	Braunschweiger—Oscar Mayer—1 ounce	213
Beans—Home Style—Campbell's—8 ounces	773	Bread—100% whole wheat—one slice	236
Beans—kidney—1/2 cup	48	Bread—cinnamon raisin—one slice	237
Beans—Pinto—Progresso canned—one cup	752	Bread—Fresh Horizons wheat—2 slices	672
Beans—Red Kidney—1/2 cup	753	Bread—Hollywood—dark—two slices	674
Beans—refried—Del Monte—1/2 cup	662	Bread—Roman Meal—one slice	673
Beef Dinner—sliced—Hungry Man	786	Bread—rye—1 slice	238
Beef Pot Pie—Hungry Man—one pie	784	Bread—white—Wonder—two slices	239
Beef Sirloin Tip—frozen meal—12 oz.	493	Breakfast Bar—Carnation—typical-one	514
Beef Sirloin Tips—Le Menu meal	794	Breakfast Strips—Lean 'N Tasty—beef	720
Beef Stew—homemade w/vegetables-1 cup	469	Broccoli—cuts—frozen—1/2 cup	88
Beef Stroganoff—Green Giant—frzn-9 oz	703	Broccoli—fresh—cooked—1/2 cup	87

Broccoli/cheese sauce—Birds Eye—5 oz.	119	Cheesecake—Sara Lee Lights—1 cake	370
Brownie—Pillsbury—Mix Deluxe—1 bar	240	Cheesecake—Sara Lee—original—slice	369
Brussels Sprouts—Birds Eye—4 oz.	108	Cheesecake—Weight Watchers—4 ounces	954
Bugles—Nacho cheese snacks—one ounce	353	Cheez Doodles—corn puffs—one ounce	829
Bun—hamburger—one bun	241	Cheez Waffles—one ounce	830
Bun—hot dog—one bun	242	Cherries—canned—Del Monte—1/2 cup	924
Burger King—see code BK for entries		Cherries—frozen—sweetened—1/2 cup	53
Butter—regular—solid—1 tbsp.	440	Cherries—frozen—unsweetened—1/2 cup	54
Butter—whipped—one tablespoon	441	Cherries—raw—sweet—10 cherries	55
Buttermilk—1.5% milkfat—1 cup	34	Chicken & Noodles—homemade—one cup	471
Buttermilk—one cup	632	Chicken a la King—one cup—homemade	472
Cake from mix—Bundt—one slice	698	Chicken Ala King—Weight Watchers meal	966
Cake—German Chocolate—1/8 cake	244	Chicken Chow Mein & Rice—Lean Cuisine	987
Cake—Pillsbury Devil's Food mix—slice	699	Chicken Chow Mein—homemade—one cup	470
Cake—Snack Cake—Suzy Q's—chocolate	868	Chicken Cordon Bleu—Le Menu—11 ounces	506
Cake—Snackin' Mix—typical—1 slice	665	Chicken Dinner—frozen—typical—11 oz.	473
Cake—white mix—Pillsbury—1 slice	243	Chicken Dinner—Hungry Man boneless	481
Canadian Bacon—one slice	189	Chicken leg—fried—no batter-w/skin	192
Candy—3 Musketeers—one two ounce bar	354	Chicken Oriental—Healthy Choice—meal	273
Candy—caramel—three pieces	355	Chicken Pie—Stouffer's—one pie	1001
Candy—Chocolate almond bar—one	358	Chicken salad—four ounces	197
Candy—Gum Drops—ten small pieces	360	Chicken Spreadables—Carnation—1/4 can	734
Candy—Jelly Beans—1/4 cup	361	Chicken Teriyaki—Budget Gourmet 3 dish	872
Candy—Kit Kat Bar—one bar	362	Chicken thigh—fried—one	193
Candy—Life Savers—five pieces	363	Chicken wing—roasted w/skin—one	194
Candy—M&M's—1.7 ounce bag	405	Chicken—fried—dark w/skin—2 pieces	191
Candy—Milky Way Bar—two ounce bar	364	Chicken—fried—white w/skin—3 oz.	195
Candy—Nestle Crunch Bar—1.4 oz. bar	365	Chicken—roasted—dark no skin—6 oz.	190
Candy—Oh Henry!—two ounce bar	695	Chicken—Swanson boneless Hungry Man	782
Candy—Raisinets—1.5 ounces	975	Chicken—white—roasted w/skin—3 ounces	196
Candy—Reese's Peanut Butter Cup—two	366	Chili Con Carne—Beans—can—one cup	475
Candy—Snickers Bar—one ounce bar	367	Chili with beans—Libby's—cup	803
Cantaloupe—fresh—1/2 melon	52	Chili with beans—Van Camp—one cup	477
Cap'n Crunch cereal—3/4 cup	513	Chili with meat—homemade—one cup	476
Carrot and Raisin Salad—4 tbsps.	323	Chili—Libby's—without beans—one cup	802
Carrot Cake—Weight Watchers—3 ounces	955	Chocolate Bar—Nestle—1.45 oz. bar	356
Carrot—raw—medium	92	Chocolate bits—Toll House—one ounce	373
Carrots—canned—1/2 cup	89	Chocolate cake—microwave mix—Pillsb.	700
Carrots—fresh cooked—1/2 cup	90	Chocolate eclair—with custard—one	371
Carrots—frozen—honey glaze—1/2 cup	91	Chocolate Syrup—two tbsps.	375
Cashews—salted—1/4 cup	331	Chocolate—one ounce	372
Catfish Fillets—Mrs. Paul's—1 fillet	906	Chocolate—unsweetened—one ounce	521
Catsup—one tablespoon	446	Chop Suey—homemade—one cup	478
Cauliflower—cheese sauce—Birds Eye	762	Chopped Beef Steak—Hungry Man meal	783
Cauliflower—fresh cooked—one cup	93	Chopped Ham—Oscar Mayer—one slice	722
Cauliflower—frozen—1/2 cup	94	Clams—raw—one medium size clam	156
Celery—raw 8 inch stalk	95	Clams—Snow's minced—6.5 ounces	827
Cheerios—one cup	515	Cocoa—Swiss Miss mix—1 cup	9
Cheese Dog—one	724	Cocoa Krispies cereal—1/2 cup	852
Cheese food—American—Kraft—one ounce	297	Coconut—Baker's—1/3 cup	333
Cheese Hot Dog—Oscar Mayer—one link	483	Cod—broiled—four ounces	157
Cheese Product—Lite Line—one ounce	640	Coffee Cake—apple—frozen—1/6 of cake	247
Cheese Product—Swiss Lite—Borden—oz.	821	Coffee—black—1 cup	11
Cheese Product-Lite Line Amer/low sod..	840	Coffee—Half & half and sugar—1 cup	10
Cheese Puffs—Cheetos—one ounce	368	Coffee—instant decaf—one cup	692
Cheese Ravioli—Weight Watchers meal	965	Coffee—with half & half—1 cup	13
Cheese Sauce—two tablespoons	298	Coffee—with sugar only—1 cup	12
Cheese Spread—Velveeta—one ounce	299	Coffee-Mate—non dairy creamer—one tsp	730
Cheese Whiz—Kraft—one tablespoon	300	Cole Slaw—with mayonnaise—1/2 cup	325
Cheese—Brie—one ounce	747	Collards—fresh cooked—one cup	97
Cheese—Cheddar natural—one ounce	296	Cookie Crisp cereal—vanilla—one cup	876
Cheese—Colby—one ounce	301	Cookies—Almost Home Chocolate Chip—2	976
Cheese—Monterey Jack—one ounce	309	Cookies—Almost Home—sugar—2	250
Cheese—Mozzarella—part skim—1 ounce	311	Cookies—Animal crackers—10 pieces	248
Cheese—Processed American—one ounce	312	Cookies—Biscos sugar wafers—4	252
Cheese—Processed food—Borden—1 oz.	820	Cookies—Cameo Creme—three	684
Cheese—Swiss—natural—one ounce	313	Cookies—Chips Ahoy—1	253
Cheese—Swiss—processed—one ounce	314	Cookies—chocolate graham—2 cookies	251
Cheese—Wispride medium cheddar—1 oz.	689	Cookies—Fig Newtons—two cookies	254

Cookies—Fudge Stripes—one	934	Cucumber—raw—peeled—1/2 cup	102
Cookies—Ginger Snaps—four cookies	257	Cupcake—brown with frosting—one	272
Cookies—Keebler Chips Deluxe—one	933	D Zerta from skim milk—1/2 cup	428
Cookies—Keebler Oatmeal—one	739	Danish Pastry—almond—one small	274
Cookies—Mallomars—two	687	Danish Rolls—two small rolls	275
Cookies—Mint Milano—two	256	Date Loaf—Quick Bread Mix—1/12 loaf	946
Cookies—Nestle Toll House—2 cookies	904	Deviled Crab—Mrs. Pauls—one piece	682
Cookies—oatmeal raisin—Almost Home-1	249	Deviled Ham—Libby's—1.5 ounces	806
Cookies—Oreos—three cookies	258	Deviled Ham—Underwood—2 ounces	642
Cookies—Peanut Creme—two cookies	259	Dip—French Onion—Sealtest—1 tbsp.	442
Cookies—Pinwheels—2	255	Donut—Hostess chocolate—one	677
Cookies—see grain products		Donut—Hostess Powdered sugar—one	276
Cookies—shortbread—Pepp. Farm—2	260	Donut—Hostess powdered sugar—one	678
Cookies—Teddy Grahams—11 cookies	686	Donuts—Hostess Chocolate—one	865
Cookies—Vanilla Wafers—Keebler—three	935	Donuts—Hostess plain—one	866
Cookies—Vanilla Wafers—three	738	DQ—Buster Bar—one bar	629
Cool 'N Creamy—1/2 cup	376	DQ—Cone—Vanilla dipped in choc.-small	617
Cool Whip—one tablespoon	377	DQ—Delight—one	624
Corn Beef Hash—Libby's—one cup	480	DQ—Dilly Bar—one bar	630
Corn Bread—from mix—one two inch sq.	261	DQ—Double Delight	623
Corn Chex cereal—one cup	710	DQ—Freeze—medium	626
Corn Chips—Flavor Tree—one ounce	937	DQ—Ice Cream Sandwich	631
Corn Chips—Nachos—Doritos—one ounce	378	DQ—Mr. Misty Freeze	628
Corn Crunchies—Wise—one ounce	832	DQ—Mr. Misty—medium—one	627
Corn Flakes—Kellogg's—one cup	517	DQ—Parfait—one	621
Corn Fritter—Mrs. Paul's—one	479	DQ—Peanut Buster Parfait—one	622
Corn Oil—Mazola—one tablespoon	641	DQ—Strawberry Shortcake—one	625
Corn on cob—fresh—medium	101	DQ—Sundae—typical—large—one	620
Corn Puffs—Wise—cheese flavored—1 oz	828	DQ—Vanilla cone dipped in choc—large	619
Corn—canned whole kernel—1/2 cup	99	DQ—Vanilla cone—choc. dipped—medium	618
Corn—frozen niblets in butter—1/2 cup	98	Egg Beaters w/cheese—Fleischmann-1/4 c	984
Corn—frozen—Birdseye—4 ounces	100	Egg Beaters—Fleischmann's—1/4 cup	983
Corned Beef Hash—Libby's—one cup	805	Egg Nog—half cup	305
Corned beef—3 ounces	198	Egg—fresh—large—one	896
Cornstarch—one tablespoon	900	Egg—large—fried	306
Cottage cheese—2% lowfat—1/2 cup	302	Egg—large—hard boiled	307
Cottage Cheese—4% milkfat—1/2 cup	635	Egg—Omelet with one large egg	310
Crab—steamed—3.5 ounces	158	Egg—white only—large—one egg	897
Cracker Jack—two ounces	379	Egg—yolk only—one large egg	898
Crackers—Cheese Nips—13 per 1/2 ounce	685	Eggplant—cooked—1/2 cup	104
Crackers—Goldfish—ten crackers	262	Eggs—scrambled w/butter & milk—1/2 c.	308
Crackers—Graham Crackers—two	269	Eggs/Sausage/Hash Browns—Swanson frzn	791
Crackers—Harvest Wheat—three	740	English Muffin—Wonder brand—one	676
Crackers—Honey Graham—two	717	English Muffin—Wonder—one	282
Crackers—Keebler Club—four pieces	737	Evaporated Milk—Pet skim milk—1/2 cup	920
Crackers—Nabisco Sociables—six	268	Farina—Wheat—Pillsbury—2/3 cup	522
Crackers—Oyster or soup—ten	270	Fat-Add if you do not trim your meat	177
Crackers—Ritz—four crackers	263	Fettucini Alfredo—Healthy Choice—meal	883
Crackers—Ry Crisp Natural—2 triples	264	Fiber One cereal—1/2 cup	516
Crackers—Rycrisp—1/2 ounce	878	Figurines 100—Pillsbury—one bar	523
Crackers—Salted Soda—Saltsines—five	265	Filet of Fish Florentine—Lean Cuisine	988
Crackers—Town House—five crackers	736	Fish cakes—Mrs. Paul's frozen—two	683
Crackers—Triscuits—three crackers	267	Fish Fillets—Batter—Mrs. Pauls—2 s	907
Crackers—Waverly—four	271	Fish fillets—Mrs. Paul's Natural—5 oz	679
Crackers—Wheat Thins—8 crackers	266	Fish Nuggets—Swanson 4 compartm. meal	793
Crackers—Wheatsworth Wheat—four	978	Fishsticks—frozen—typical—3 sticks	159
Crackers—Zesta Saltines—five crackers	735	Flounder Filet—Le Menu frozen dinner	499
Cracklin' Oat Bran cereal—1/2 cup	853	Flounder—baked—four ounces	160
Cranapple juice—Ocean Spray—6 oz.	31	Flour—all-purpose—one cup	667
Cranberry juice cocktail - 6 oz.	3	Flour—self rising—one cup	668
Cream cheese—one ounce	303	Flour—whole wheat—one cup	669
Cream of Chicken Soup—Campbell's—cup	797	Frankfurter—beef—Ball Park—one	207
Cream of Wheat—instant—one ounce	519	Frankfurter—made from turkey meat	208
Cream of Wheat—quick—dry—one ounce	518	French Toast w/sausages—Swanson frzn	788
Cream—Half and Half—one tablespoon	304	French Toast—Aunt Jemima frozen—2	277
Creamed Chicken—Stouffer's—1 serving	999	French Toast—two slices	616
Crispix cereal—3/4 cup	520	Fried Chicken Platter—Swanson—meal	776
Croissant—Pepperidge Farm—one	290	Fried Rice—La Choy—.75 cup	465
Croutons—Pepperidge Farm—seasoned-1/2oz	902	Fritos—one ounce	385

Frog leg—fried—one medium leg	199	Hollandaise sauce from mix—3 tbsp.	708
Froot Loops cereal—one cup	524	Honey Nut Cheerios—3/4 cup	532
Frosted Krispies—3/4 cup	854	Honey Smacks cereal—3/4 cup	855
Frosted Miniwheats—four biscuits	529	Honey—1/2 cup	892
Frostee Chocolate Drink—1 cup	17	Honey—tablespoon	891
Frosting—typical for one slice cake	701	Honeydew melon—fresh—1/4 melon	61
Fruit & Fibre cereal—1/2 cup	525	Hot dog made from turkey meat—one	208
Fruit and Cream Bar—Dole—Blueberry	973	Hot Dog with Chili—average—one	484
Fruit and Cream Bar—Dole—Strawberry	972	Hot Dog—Ball Park—one	207
Fruit Bar—Jello—one bar	929	Ice Cream Bar—Choc/Choc.—Haagen-Dazs	970
Fruit cocktail in syrup—Del Monte	56	Ice Cream Bar—made from ice milk	395
Fruit cocktail—lite—Del Monte	57	Ice Cream Bar—Nestle Crunch	871
Fruit Cup—Del Monte mixed—5 ounce cup	928	Ice cream bar—vanilla w/choc. coating	394
Fruit drink (not juice)—8 ounces	14	Ice Cream Sandwich	396
Fruit Drink—Crystal Light—one cup	644	Ice Cream Sandwich—chocolate chip	398
Fruit juice—Dole Pure & Light—6 oz.	20	Ice Cream Sandwich—Nestle with chips	870
Fruit Roll Up—one roll	390	Ice Cream Soda—average—one cup	397
Fruit Rolls—Sunkist—typical flavor	940	Ice Cream—10% fat—1/2 cup	399
Fruit—Mixed lite-Birdseye—5 ounces	754	Ice Cream—16% fat—1/2 cup	400
Fruitful Bran cereal—3/4 cup	533	Ice Cream—Borden strawberry—1/2 cup	825
Fudge—chocolate—one ounce	392	Ice Cream—Choc.—Baskin Robbins—2/3 c	381
Fudgesicle—one bar	391	Ice Cream—Cookie sandwich—Good Humor	407
Garden Salad—Joan of Arc—1/2 cup	960	Ice Cream—drumstick—one cone	384
Gatorade—8 ounces	16	Ice Cream—Haagen Dazs—Vanilla—4 ozs.	969
Gelatin—Jello Brand dessert—1/2 cup	393	Ice Cream—Lady Borden French Vanilla	433
Gelatin—Royal Brand—typical—1/2 cup	980	Ice Milk—Borden—chocolate—1/2 cup	826
Gelatine—Knox—one envelope	936	Ice Milk—Borden's—1/2 cup	401
Gingerbread—Pillsbury mix—3 square	949	Ices—(slush)—fruit flavored—1/2 cup	402
Glazed Chicken w/Rice—Lean Cuisine	989	Italian sausage—one inch slice	209
Glazed Chicken—Healthy Choice meal	882	Jalapeno Peppers—Vlasic—one ounce	910
Golden Grahams cereal—one ounce	526	Jam—low calorie—typical—1 teaspoon	445
Good Humor Bar—typical flavor—one	383	Jam—typical flavor and brand—1 tsp.	444
Goulash—noodles with beef—six ounces	466	Jello Brand Gelatin—1/2 cup	393
Granola Bar—Nature Valley—one bar	540	Junket—made with skim milk—1/2 cup	403
Granola Bar—Quaker chewy—one bar	546	Junket—made with whole milk—1/2 cup	404
Granola Nuts—Flavor Tree—one ounce	939	Just Right w/fruit—Kellogg's—3/4 cup	859
Granola—Nature Valley—average—1/3 c.	664	Kellogg Corn Pops—one cup	555
Grape juice—frozen—6 ounces	18	Kellogg Frosted Flakes—3/4 cup	556
Grape Juice—Welch's—six ounces	718	Ketsup—one tablespoon	446
Grape Nut Flakes—4/5 cup	527	KFC—Baked Beans—individual serving	587
Grape Nuts—1/4 cup	528	KFC—Breast—extra crispy—one	585
Grapefruit juice—Del Monte—6 oz.	19	KFC—Breast—original recipe—one	582
Grapefruit—fresh—pink—1/2	58	KFC—Buttermilk Biscuit—one	576
Grapefruit—fresh—white—1/2	59	KFC—Cole Slaw—one serving	574
Grapes—fresh—one cup	60	KFC—Corn on the cob—one	573
Gravy—brown from Pillsbury mix—1/4 c.	697	KFC—Drumstick—extra crispy—one	584
Gravy—brown—homemade—4 tablespoons	443	KFC—Drumstick—original recipe—one	581
Gravy—Franco-American Turkey—2 ozs.	913	KFC—Kentucky Fries—one serving	588
Green beans—canned—Del Monte	105	KFC—Kentucky Nuggets—one	575
Green beans—fresh—cooked—1/2 cup	106	KFC—Mashed potatoes and gravy—serving	579
Green beans—frozen in polybag—6 oz.	107	KFC—Nugget Sauce—typical variety	580
Green Beans—frozen—Birds Eye—3 oz.	152	KFC—Thigh—extra crispy—one	586
Gum—Beech Nut—one stick	434	KFC—Thigh—original recipe—one	583
Halibut—broiled—four ounces	161	KFC—Wing—extra crispy—one	577
Ham and Cheese Loaf—one slice	845	KFC—wing—original recipe—one	578
Ham Roll Sausage—Oscar Mayer—1 slice	846	Kidney Beans—B&M baked—8 oz. (7/8 c.)	918
Ham salad—spreadables—1/4 can	201	Kix cereal—one and 1/2 cups	534
Ham Steak Dinner—Le Menu—meal	813	Kool Aid Coolers—1 cup	15
Ham Steaks—Jubilee brand—one slice	844	Kool Aid—8 ounces	23
Ham—Canned Jubilee—one ounce	843	Lamb chop—with fat—one chop	210
Ham—canned—Oscar Mayer Jubilee—2 oz	202	Lamb chop—without fat—one chop	211
Ham—cured and roasted—3 ounces	203	Lamb Shoulder—roast—three ounces	884
Ham—Oscar Mayer—cooked—one slice	723	Lamb—Leg of lamb—roasted-trimmed-3 oz	212
Hamburger Helper—1/3 lb. beef—1/3 pak	482	Lard—1/2 cup	893
Hamburger—one lean 3 ounce patty	204	Lasagna—3 cheese—Budget Gourmet meal	714
Hamburger—one medium fat 3 ounce patty	205	Lasagna—Celanto—7 ounces	919
Head Cheese—Oscar Mayer—one slice	725	Lasagna—Ital. sausage—Budget Gourmet	496
Hi-C Fruit Drink—8 ounces	22	Lasagna—Swanson Homestyle—frzn—meal	501
Ho Ho Snack Cake—one	278	Lean Cuisine Beef/Pork Cannelloni—one	985

Lean Cuisine Deluxe Pizza—one serving	993	Mixed vegetables—Italian—Birdseye	113
Lean Cuisine Zucchini Lasagna—package	986	Mousse—Jello—whole milk—.5 cup	380
Lemonade from mix—Wyler's—one cup	25	Muffin—blueberry—homemade—one	280
Lemonade—Country Time Mix—one cup	24	Muffin—blueberry—Pepperidge Farm—1	246
Lemonade—frozen—8 ounces	26	Muffin—corn—homemade—one	281
Lettuce with French dressing—4 leaves	326	Muffin—English—Wonder—one	282
Lettuce—fresh—1/4 head	110	Muffins—Banana Nut Toaster Muffin—one	963
Life cereal—2/3 cup	535	Museli—Ralston—with dates—1/2 cup	877
Lima Beans—frozen—Birds Eye—1/2 cup	757	Mushrooms—raw—1/2 cup	116
Limeade—frozen—1 cup	21	Mustard with horseradish—one tbsp.	709
Liver—calf—fried—three ounces	214	Mustard—French's yellow—1 tablespoon	450
Lobster—broiled—medium whole	162	Nabisco 100% Bran—1/2 cup	539
London Broil—Weight Watchers—meal	719	Nectar—apricot—Del Monte—6 oz.	46
Lunch Meat—Honey Loaf—one slice	847	Nectarine—fresh—average size	63
Lunch Meat—Liver Cheese—one slice	848	Non-Dairy Cream—Cremora—one teaspoon	633
Lunch meat—Oscar Mayer honey loaf	206	Noodles—Cremette Egg—dry—two ounces	634
Luncheon Meat—Oscar Mayer—1 slice	216	Noodles—Mueller's Egg—2 oz	943
Macaroni & Cheese—canned—one cup	486	Nut & Honey Crunch—Kellogg's—2/3 cup	857
Macaroni & Cheese—Franco Amer—8 ozs.	770	Nutri-Grain Wheat—2/3 cup	858
Macaroni and Cheese Mix—3/4 cup	485	Nutritive Oatmeal Flakes—one cup	541
Macaroni and Cheese—Swanson frzn meal	780	Nuts—party mix—1/4 cup	332
Macaroni Salad—one cup	327	Oil—vegetable—one tablespoon	895
Macaroni w/Beef—Franco Amer—one can	769	Okra—cut—frozen—Birds Eye—1/3 box	760
Macaroni—Spinach Ribbons—dry—2 ounce	819	Old Fashioned Loaf—Eckrich—1 slice	726
Macaroni/Beef—Swanson frozen meal	487	Olives—green—two	451
Malted Milk—with ice milk—400 grams	382	Omelet—made with one large egg	310
Mandarin Oranges—canned—six ounces	656	Omelets/ham/cheese sauce—Swanson frzn	789
Mandarin oranges—Del Monte—6 oz.	112	Onion rings—frozen—Mrs. Paul's—5 oz.	117
Margarine—Diet Blue Bonnet—one tbsp.	981	Onions—Pearl—frozen—Birds Eye—3 oz.	758
Margarine—one tablespoon	447	Onions—raw—one thin slice	118
Marshmallow—two large or 20 mini	406	Orange drink—powdered-Tang	37
Mayonnaise—imitation—one tablespoon	449	Orange Juice—Citrus Hill—six ounces	923
Mayonnaise—one tablespoon	448	Orange juice—fresh—4 ounces	32
Maypo Oatmeal—30 second—1 dry ounce	537	Orange juice—frozen—6 oz.	33
MCD—Apple pie—one serving	572	Orange—fresh—medium size	64
MCD—Big Mac	567	Oreos Cookies 'N Cream Sandwich—one	688
MCD—Breakfast sausage—one serving	563	Oriental Beef/Veg./Rice—Lean Cuisine	990
MCD—Chicken McNuggets—six—plain	564	Oriental Chicken—Le Menu meal	795
MCD—Egg McMuffin—one	560	Oyster/Stew—Campbell's—milk—1 cup	796
MCD—French fries—medium	569	Oysters—fried in batter—1 oyster	164
MCD—Hot Fudge Sundae—lowfat yogurt	571	Pac Man cereal—one cup	531
MCD—McDonald's D.L.T	568	Pancakes & blueberries—frzn—Swanson	790
MCD—McDonald's Hotcakes—butter/syrup	561	Pancakes—buttermilk from mix—three	284
MCD—Quarter Pounder with cheese	566	Pancakes—Hungry Jack mix—3 pancakes	283
MCD—Quarter Pounder—one	565	Pancakes—Panshakes—Hungry Jack—three	944
MCD—Scrambled Eggs—McDonald's	562	Pancakes—Pillsbury Microwave—orig—3	968
MCD—shake—medium—vanilla or strawb.	570	Pancakes—Potato from mix—3 cakes	707
McDonald's—look under MCD for items		Pancakes—Potato from mix—3 cakes	707
Meat Loaf—Swanson—frozen	777	Pancakes—Potato from mix—three cakes	948
Melba Toast—Cheese Rounds—5 crackers	815	Pancakes/Sausage—Swanson Great Starts	467
Melba Toast—white—three slices	816	Papaya—fresh—2/3 cup	658
Melba Toast—whole grain—three slices	817	Pasta Primavera—Stouffer—1/2 package	996
Melon balls frozen in syrup—1 cup	62	Pasta Primavera—Weight Watchers meal	964
Mexican Dinner—Swanson frozen combo	488	Pastrami—two ounces	222
Mexican Meal—Hungry Man frozen meal	781	Pastries—Toastettes—Nabisco—one	979
Milk—2% lowfat—Vitamin A added—8 oz.	28	Pastry—Danish—small—homemade—plain	435
Milk—chocolate—Meadow Gold—cup	812	Peach—canned in syrup—1/2 cup	66
Milk—condensed—Eagle brand—1/3 cup	637	Peach—fresh—medium size	65
Milk—instant non-fat dry—1 cup	29	Peach—frozen—in syrup—1/2 cup	67
Milk—Pet Evaporated Skim—1/2 cup	920	Peaches—Libby's Lite—canned—1/2 cup	660
Milk—skim—vitamin A added—8 ounces	30	Peanut Butter—Bama—two tablespoons	822
Milk—whole—8 oz.	27	Peanut Butter—Jif—one tablespoon	922
Mixed Fruit—Chunky Lite—1/2 cup	746	Peanut Butter—Skippy super chunk	334
Mixed Fruit—chunky—Del Monte—5 cup	657	Peanuts—Chocolate Coated—one ounce	374
Mixed Fruit—frozen—Birdseye—5 ounces	649	Peanuts—Planters—salted—1/4 cup	336
Mixed vegetables—canned—Del Monte	114	Peanuts—roasted in shell—ten nuts	335
Mixed vegetables—frozen—Birdseye	115	Peanuts/choc.—Nestle Goobers—1.5 oz.	374
Mixed Vegetables—Japanese—Birdseye	109	Pear—fresh	68
Mixed vegetables—S.F. style—1/3 pack	135	Pears—canned—1/2 cup	69

Pears—Del Monte Lite	—1/2 cup	745	Pork shoulder roast	—three ounces	220
Pears—Libby's Lite	—can—1/2 cup	661	Pork Shoulder	—four ounces	215
Peas—canned—Green Giant		120	Pork—Ribs	—Roasted—3 ribs	885
Peas—Cream Sauce	—frozen—Birds Eye	761	Pot Pie—Chicken	—Swanson's—8 ounces	474
Peas—fresh—cooked	—1/2 cup	121	Potato Chips	—no salt—Wise's—one oz.	841
Peas—frozen—plain	—1/2 cup	122	Potato Chips	—Pringle's—one ounce	921
Pecans—unsalted and chopped	—1/4 cup	337	Potato Chips	—ten chips	424
Perch Fillets—Mrs. Pauls light	—one	908	Potato Chips	—typical—one ounce	831
Perch—ocean perch	—fried—4 ounces	163	Potato Flakes	—Hungry Jack—1/2 cup	131
Picante Sauce—Wise	—2 tablespoons	839	Potato Medleys	—Crocker—1/3 package	125
Pickle Relish—sweet	—one tablespoon	452	Potato Puffs	—Tasti Puffs—frzn—2.5 oz	767
Pickle—dill—whole pickle		453	Potato Salad	—German style—Joan of Arc	958
Pickle—sliced	—two	454	Potato—baked in skin	—one medium	123
Picnic Loaf—lunch meat	—one slice	727	Potato—cottage fries	—Birds Eye—frzn	764
Pie Crust—Pillsbury 1/8 of 2 crust pie		953	Potato—cottage fries	—frozen—Ore Ida	742
Pie—Apple	—frozen—Mrs. Smiths—1/8	232	Potato—Crinkle Cuts	—Ore Ida—3 ounces	651
Pie—Apple	—homemade—one slice	409	Potato—french fries	—oven heated	126
Pie—Apple	—Mrs. Smith 10—1/8 pie	408	Potato—french fries	—veg, shortening	127
Pie—Banana Cream	—Frozen—one slice	410	Potato—frozen hash browns	—four ounces	650
Pie—Banana Cream	—frzn—Banquet—slice	234	Potato—Hash Browns	—frozen—Birds Eye	765
Pie—Blueberry	—homemade—one slice	411	Potato—mashed w/ milk & margarine		128
Pie—Boston Cream	—from mix—Crocker	420	Potato—Ore Ida Crispers	—three ounces	743
Pie—cherry	—frozen—1/8 24 oz. pie	245	Potato—scalloped	—1/2 cup from mix	129
Pie—cherry	—frozen—one slice	412	Potato—shoestrings	—frozen Birds Eye	766
Pie—cherry	—homemade—one slice	413	Potato—Tater Tots	—frozen—3 ounces	130
Pie—Hostess Apple	—one individual pie	860	Potato—whole boiled and peeled		124
Pie—Hostess Blueberry	—individual pie	861	Preserves or jam	—one tablespoon	455
Pie—Hostess Cherry	—individual pie	862	Pretzels—rods—Seyfert's—one ounce		836
Pie—Hostess Peach	—individual pie	863	Pretzels—twisted—one pretzel		425
Pie—Hostess Snack Pie	—one typical	279	Product 19 cereal	—one cup	543
Pie—Hostess Strawberry	—individual pie	864	Prune Juice	—unsweetened—four ounces	659
Pie—Lemon Meringue	—1/8 of 9 pie	414	Prunes—dried—with pits—two ounces		73
Pie—Mince Meat	—one slice	415	Pudding Cup	—Del Monte—five ounces	663
Pie—peach	—frozen—1/8 of 24 oz. pie	285	Pudding Pie—Hostess	—individual pie	869
Pie—peach	—one slice—homemade	416	Pudding Pops	—Jello—one pop	429
Pie—pecan	—one slice	417	Pudding Stix	—Good Humor—one bar	432
Pie—pumpkin	—one slice	418	Pudding—chocolate	—canned—Del Monte	427
Pie—Strawberry	—one slice	419	Pudding—instant w/whole milk	—1/2 cup	426
Pineapple Chunks	—canned in juice—Dole	655	Puffed Wheat or Rice	—one cup	544
Pineapple Juice	—Dole—six ounces	654	Pumpkin—canned—Del Monte	—1/2 cup	925
Pineapple Orange Juice Drink	—Del Monte	926	Quaker 100% Natural cereal	—1/2 cup	545
Pineapple	—chunks in can—1/2 cup	70	Quaker Oats—cooked	—2/3 cup	548
Pineapple	—fresh—one cup	71	Quaker Oats—instant	—dry—one packet	547
Pizza Roll—Pepperoni	—Jeno's—one	490	Quaker Whole Wheat	—cooked—2/3 cup	549
Pizza—Celeste pepperoni	—1/4 19 oz pie	492	Quick—drink mix with whole milk	—1 cup	694
Pizza—Celeste sausage	—1/4 20 oz. pie	491	Radish—one small radish		132
Pizza—French Bread with sausage	—12 oz	994	Raisin Bran—Kellogg's	—3/4 cup	550
Pizza—Pillsbury Microwave	—9 ounces	962	Raisins Rice & Rye cereal	—3/4 cup	551
Pizza—Totino's Deluxe Sausage	—1/4 pie	961	Raisins Rice & Rye cereal	—3/4 cup	856
Pizza—Celeste—Sausage for one		8	Raisins—3 ounces		74
Plum Pudding—R&R brand	—2 wedge	873	Raisins—golden	—three ounces	430
Plum—fresh—medium size		72	Raspberries—Birds Eye pouch	—lite—5 oz	755
Polish Sausage	—one 5 1/2 link	218	Raspberries—fresh	—1/2 cup	75
Pop Tart—Kellogg's	—typical flavor—one	286	Raspberries—frzn in lite syrup	—5 oz.	648
Pop Tart	—typical flavor	542	Ravioli—beef	—canned—1/2 can	495
Popcorn—Jiffy Pop microwave	—4 cups	530	Ravioli—Franco-American	—7.5 oz. can	464
Popcorn—Pillsbury Microwave	—orig-3 c.	967	Refried Beans	—Little Rancho—1/2 cup	823
Popcorn—Pillsbury Microwave/butter	—4c.	702	Relish—Hot Dog	—Vlasic—one ounce	909
Popcorn—Pop Secret	—3 cups	357	Rice cakes	—Quaker—1 cake	7
Popcorn—popped in oil—salted	—1 cup	421	Rice Chex cereal	—1.1 cup	711
Popcorn—Wise cheese flavored	—1 ounce	834	Rice Jubilee	—1/2 cup	955
Popsicle—Kool Pop	—one	422	Rice Krispies	—one cup	552
Popsicle—Twin Pop		423	Rice Pilaf	—Green Giant—frozen—1/2 c.	696
Pork and Beans—Campbell	—8 ounces	463	Rice Pudding	—Jello w/whole milk—5 cup	652
Pork Chop—1 medium chop—trimmed		221	Rice—fried	—Minute—1/2 cup	645
Pork Loin—roast—lean	—three ounces	886	Rice—Minute Rice	—plain—2/3 cup	134
Pork Sausage Patties—Oscar Mayer	—one	842	Rice—Minute Rice	—plain—2/3 cup	134
Pork Sausage—Little Friers	—one	728	Rice—Uncle Ben's	—brown—1/2 cup	133
Pork Sausage	—one four inch link	219	Rice—Uncle Brown's	—brown—1 cup	133

Rice-a-Roni—chicken flavored	—1/2 cup		
Roast Beef Hash—Stouffer's	—10 ounces		
Roast Sirloin—Budget Gourmet	—meal		
Roll—Dinner Roll	—enriched—one		
Rolls—Pepperidge	—butter crescent—one		
Rolls—Pillsbury Crescent	—1 roll		
Rolls—Wonder Home Bake	—two rolls		
Salad dressing—creamy	—typical—1 tbsp		
Salad dressing—oil based	—diet—1 tbsp		
Salad dressing—oil	—typical—1 tbsp.		
Salad dressing—Wishbone average	—tbsp.		
Salad dressing—Wishbone lite	—1 tbsp.		
Salad—chicken/celery	—4 tbsps.		
Salami—cotto—Oscar Mayer	—1 slice		
Salami—hard—Oscar Mayer	—one slice		
Salisbury Steak Dinner—Swanson			
Salisbury Steak—Healthy Choice	—meal		
Salisbury Steak—Swanson	11 oz dinner		
Salmon—broiled in butter	—5 ounces		
Salmon—canned	—1/2 cup		
Sandwich Spread—Oscar Mayer	—2 ounces		
Sardines—in mustard sauce	—one can		
Sauerkraut and Pork	—six ounces		
Sauerkraut	—1/2 cup—canned		
Sausage—Smokee's—Eckrich	—2 links		
Sausage—Vienna in BBQ sauce	—1/2 can		
Scallops—ocean—breaded and fried	—3		
Scrambled Eggs/Home Fries—Great Starts			
Seafood Creole—Swanson frozen	—meal		
Sego Liquid Diet Food	—10 ounces		
Sesame Nuts—Flavor Tree	—one ounce		
Sherbet—fruit flavored	—1/2 cup		
Shortening—Crisco	—one tablespoon		
Shredded Wheat	—two biscuits		
Shrimp Creole—Healthy Choice	—meal		
Shrimp Creole—Healthy Choice	—meal		
Shrimp—fried & breaded	—one large		
Shrimp—raw	—ten small shrimp		
Simple Pleasures—frozen dessert	—6 oz.		
Slender—Carnation	—two bars		
Sloppy Joe with Beef—Libby's	—2/3 cup		
Smokie Links—Oscar Mayer	—one link		
Snack Mix—Ralston	—2/3 cup		
Soft drink—cola, flavored, etc.	—12 oz		
Soft drink—diet—sugar free	—12 ozs.		
Sole Au Gratin—Healthy Choice	—meal		
Sole—Le Menu meal			
Sorbet—Dole fruit flavor	—typical—4 ozs		
Soup—Beefy Mushroom	—one cup		
Soup—Campbell—beef noodle	—one cup		
Soup—Campbell's Chunky Beef	—9.5 oz.		
Soup—Chicken Broth	—one cup		
Soup—Chicken Noodle—Campbell's	—1 cup		
Soup—Chicken Noodle	—low salt—11 ozs.		
Soup—Chicken Vegetable—Campbell's-c			
Soup—Chicken—Progresso	—one cup		
Soup—chowder—New Eng. w/milk	—9.5 oz.		
Soup—Chunky Vegetable	—11 ounces		
Soup—Cream of Celery	—one cup		
Soup—Cream of Mushroom	—one cup		
Soup—Green Pea—Campbell's	—one cup		
Soup—Lipton instant vegetable			
Soup—Minestrone—Progresso	—one cup		
Soup—Nacho Cheese—Campbell's	—cup		
Soup—Split pea w/ham & bacon	—one cup		
Soup—Split Pea—Progresso	—one cup		
Soup—tomato—4 oz. soup & 4 oz. milk			
Soup—tomato—Campbell	—one cup		
Soup—Tomato—Progresso	—one cup		
	96	Soup—Vegetable—Campbell	—one cup
	995	Sour Cream Sauce—Lipton	—1/2 cup
	713	Sour Cream	—one tablespoon
	287	Spaghetti & Meat Sauce—Franco American	500
	905	Spaghetti & Meatballs	—cup
	947	Spaghetti & Meatballs—Swanson	3 comp.
	675	Spaghetti Sauce—Prego meat flav	—4 oz
	456	Spaghetti Sauce—Prego meat flav.	—4 oz
	457	Spaghetti—Creamette	—dry—two ounces
	458	Spaghetti—enriched—plain	—one cup
	328	Spaghetti's with meatballs	—7.5 oz can
	329	Spaghetti's—Franco Amer	—1/2 can
	324	Spam—Hormel	—three ounces
	223	Spanish Omelet—Swanson frozen	—7.75 oz
	729	Spanish Rice—homemade	—one cup
	778	Spareribs—one five inch rib with fat	228
	881	Special K—one cup	554
	497	Spinach—canned—Del Monte	—1/2 cup
	165	Spinach—fresh—cooked	—1/2 cup
	166	Spinach—frozen in butter sauce	140
	224	Spinach—frozen—chopped	—3.3 oz.
	643	Sprinkle Sweet—sweetener	—one teaspoon
	498	Squash—baked—winter	—1/2 cup
	136	Squash—fresh—summer	—1/2 cup
	225	Squash—winter frzn—Birds Eye	—4 oz.
	741	Stir fry Chinese Veggies—Birds Eye	111
	167	Stir Fry Vegetables—Birds Eye	—1/3 box
	468	Strawberries—fresh	—one cup
	775	Strawberries—frozen in syrup	—1/2 cup
	706	Stuffing—Pepperidge Farm	—cube—1 oz.
	938	Stuffing—Stove Top Americana	—1/2 cup
	431	Stuffing—Stove Top beef flavor	—1/2 c.
	894	Stuffing—Uncle Ben's—bread	—1/2 cup
	553	Submarine sandwich—lunch meat	—8 long
	321	Sugar—brown—packed	—one cup
	879	Sugar—white—granulated	—1 tablespoon
	169	Sugar—white—granulated	—one cup
	168	Summer Sausage—one slice	229
	359	Sunflakes Multi-Grain cereal	—one cup
	731	Sunflower Seeds—dried	—1/4 cup
	807	Superoni—Prince	—cooked—one cup
	226	Suzy Q's—Banana	—one snack cake
	875	Sweet & Sour Chicken—Budget Gourmet	814
	35	Sweet & Sour Chicken—Le Menu meal	804
	36	Sweet 'N Low	—one teaspoon
	880	Sweet potato—frozen—candied	—1/2 cup
	801	Sweet potato—one baked potato	144
	971	Sweet Roll—Apple—Weight Watchers	—one
	800	Sweetbreads—one average	887
	338	Swordfish—broiled	—six ounces
	340	Syrup—pancake	—one tablespoon
	341	Taco Bell—Beefy Tostada	597
	342	Taco Bell—Burrito Supreme	598
	768	Taco Bell—Taco	599
	798	Taco Bell—Taco Light	—one
	748	Taco Bell—Taco Salad	601
	343	Taco Bell—Tostada	—one
	349	Taco Sauce—El Molino	—2 tablespoons
	799	Tamales—canned	—two
	339	Tang—orange drink	—6 ounces
	344	Tangerine—fresh—medium	
	350	Tapioca—Vanilla—whole milk	—1/2 cup
	749	Tartar Sauce—Hellmann's	—1 tbsp.
	348	Tea—from tea bag	—one cup
	345	Tea—instant Nestea	—8 ounces
	751	Tea—Nestea from a can	—8 ounces
	346	Three Bean Salad—Green Giant	—1/2 cup
	347	Three Bean Salad—Joan of Arc	—1/2 cup
	750	Tomato & Chile Cocktail—Del Monte	927

Tomato juice—Campbell	—6 ounces	40	Yogurt Bar—frozen—strawberry-coated	389
Tomato Paste—Contadina	—six ounces	733	Yogurt Bar—frzn—chocolate coated bar	386
Tomato Sauce—Contadina	—1/2 cup	732	Yogurt—2% milkfat—Meadow Gold	1 cup 835
Tomato—canned—stewed	—1/2 cup	147	Yogurt—Dannon low fat fruit—container	317
Tomato—raw—one medium with skin		148	Yogurt—frozen—Colombo	—5 ounces 636
Tomato—raw—one medium with skin		148	Yogurt—frozen—fruit flavored	388
Tomato—raw—medium		79	Yogurt—frozen—soft serve—3.5 ounces	387
Tomato—raw—medium		79	Yogurt—fruit—Weight Watchers	—8 oz. 690
Topping—imitation cream—non dairy		315	Yogurt—Lite Line fruit flavored	—8 oz. 639
Topping—whipped in pressured can		316	Yogurt—Liteline	—1 cup 833
Tortilla Chips—La Famous	—one ounce	837	Yogurt—low fat—plain—6 ounces	318
Tortilla Chips—Old El Paso	—ten chips	437	Yogurt—Yoplait breakfast style	—6 oz. 319
Total—one cup		557	Yogurt—Yoplait custard style	—6 ounces 320
Trix—one cup		558	Yogurt—Yoplait—fruit flavors	—6 ozs. 671
Trout—pan fried—four ounces		171	Yogurt—Yoplait—plain	—6 oz. container 670
Tuna Helper—with tuna	—1/3 package	666	Zucchini sticks—Mrs. Paul's	—3 ounces 681
Tuna Lasagna—Lean Cuisine	—10 ozs.	991	Zucchini—frozen	—3.3 ounces 153
Tuna salad—Spreadables	—1/4 can	172	Zucchini—sliced—frozen	—1/3 package 759
Tuna—chunk in water	—1/2 cup	716	Zwieback Toast—Nabisco	—2 pieces 977
Tuna—Chunk light in oil	—1/2 cup	715		
Tuna—Fancy Albacore—water pak	—3 oz.	849		
Tuna—white, canned in oil	—3.5 ounces	174		
Tuna—white, canned in water	—3.5 oz.	173		
Turkey Breast—Le Menu frozen dinner		507		
Turkey Dijon—Lean Cuisine	—9 1/2 ozs.	992		
Turkey Dinner—Hungry Man frozen meal		787		
Turkey Pie—Hungry Man—one pie		779		
Turkey Roll—Mr. Turkey—2 slices		217		
Turkey Tetrazzini—Stouffer's—10 oz.		997		
Turkey—roasted dark meat-thigh-no skin		230		
Turkey—roasted light meat	—1/2 cup	231		
Turnips—fresh—cooked	—1/2 cup	149		
Twinkie—snack cake	—one	291		
UFO's—Franco-American	—7.5 ounce can	771		
V-8 Juice—no salt added	—6 ounces	774		
V-8 Vegetable Juice—regular or spicy		41		
Veal Cutlet—broiled	—three ounces	889		
Veal Parmigiana—Hungry Man meal		785		
Veal Rib Chop—broiled	—one medium	890		
Veal—loin chop—lean	—one small chop	888		
Vegetable Lasagna—Le Menu	—11 ounces	494		
Vienna Sausage in broth	—three links	808		
Vitamin Supplement—typical multiple		914		
Waffles—Aunt Jemima—Blueberry	—2	292		
Waffles—frozen—Eggo brand	—one	294		
Waffles—frozen—Nutri-Grain	—one	293		
Waffles—homemade	—one	295		
Watermelon—1/8 of whole melon		80		
Wax beans—canned—Del Monte	—1/2 cup	150		
Wax Beans—fresh—cooked	—1/2 cup	151		
Welsh Rarebit—Stouffer's	—5 ounces	998		
Wendy—Bacon Cheeseburger	—one	605		
Wendy—Chili	—8 ounce bowl	609		
Wendy—Double Burger with cheese		607		
Wendy—Double Burger	—one	604		
Wendy—French Fries—regular serving		610		
Wendy—Frosty	—12 ounce size	611		
Wendy—Single Burger	—white bun	603		
Wendy—Single with cheese		606		
Wendy—Taco Salad	—one	608		
Wendy-burger w/ketchup/mayo/pick/tom/lett		603		
Wheat Bran—Kretschmer toasted	—1 ounce	932		
Wheat Bran—Kretschmer toasted	—1 ounce	932		
Wheat Chex cereal	—2/3 cup	712		
Wheat Germ—Kretschmer regular	—1/3 cup	931		
Wheat Germ—Kretschmer regular	—1/4 cup	931		
Wheaties—one cup		559		
Wine—typical values for table wine		42		
Yeast—Fleischmann's Active Dry	—1 pack	982		

MASTER FOOD CHART

Foods by Category

Beverages
Salads and Sandwiches
Desserts, Sweets and Snacks
Combination Foods
Breakfast Cereal
Fast Food
Fruits

Vegetables and Beans
Grain Products
Meat and Poultry
Fish and Seafood
Condiments, Spreads and Sauces
Soups and Nuts
Cheese, Eggs, Dairy Products

BEVERAGES

Burger King—see code BK for entries	
McDonald's—look under MCD for items	
Alcohol—1.5 Ounces (E.G.—gin, rum)	1
Apple juice—can or bottled—6 oz.	2
Awake Frozen Orange Concentrate—6 oz.	4
Beans—Home Style—Campbell's—8 ounces	773
Beer—typical light beer—12 ounces	5
Beer—typical—12 ounces	6
Buttermilk—1.5% milkfat—1 cup	34
Cocoa—Swiss Miss mix—1 cup	9
Coffee—black—1 cup	11
Coffee—Half & half and sugar—1 cup	10
Coffee—instant decaf—one cup	692
Coffee—with half & half—1 cup	13
Coffee—with sugar only—1 cup	12
Coffee-Mate—non dairy creamer—one tsp	730
Cranapple juice—Ocean Spray—6 oz.	31
Cranberry juice cocktail - 6 oz.	3
Egg Nog—half cup	305
Evaporated Milk—Pet skim milk—1/2 cup	920
Frosted Chocolate Drink—1 cup	17
Fruit drink (not juice)—8 ounces	14
Fruit Drink—Crystal Light—one cup	644
Fruit juice—Dole Pure & Light—6 oz.	20
Gatorade—8 ounces	16
Grape juice—frozen—6 ounces	18
Grape Juice—Welch's—six ounces	718
Grapefruit juice—Del Monte—6 oz.	19
Hi-C Fruit Drink—8 ounces	22
Kool Aid Coolers—1 cup	15
Kool Aid—8 ounces	23
Lemonade from mix—Wyler's—one cup	25
Lemonade—Country Time Mix—one cup	24
Lemonade—frozen—8 ounces	26
Limeade—frozen—1 cup	21
Milk—2% lowfat—Vitamin A added—8 oz.	28
Milk—chocolate—Meadow Gold—cup	812
Milk—instant non-fat dry—1 cup	29
Milk—Pet Evaporated Skim—1/2 cup	920
Milk—skim—vitamin A added—8 ounces	30
Milk—whole—8 oz.	27
Nectar—apricot—Del Monte—6 oz.	46
Orange drink-powdered-Tang	37
Orange Juice—Citrus Hill—six ounces	923
Orange juice—fresh—4 ounces	32
Orange juice—frozen—6 oz.	33
Pineapple Juice—Dole—six ounces	654
Pineapple Orange Juice Drink—Del Monte	926
Prune Juice—unsweetened—four ounces	659
Quick—drink mix with whole milk—1 cup	694
Sego Liquid Diet Food—10 ounces	706

Soft drink—cola, flavored, etc.—12 oz	35
Soft drink—diet—sugar free—12 ozs.	36
Tang—orange drink—6 ounces	37
Tea—from tea bag—one cup	38
Tea—instant Nestea—8 ounces	693
Tea—Nestea from a can—8 ounces	39
Tomato & Chile Cocktail—Del Monte	927
Tomato juice—Campbell—6 ounces	40
V-8 Juice—no salt added—6 ounces	774
V-8 Vegetable Juice—regular or spicy	41
Wine—typical values for table wine	42

SALADS AND SANDWICHES

BLT sandwich on white bread—one	322
Carrot and Raisin Salad—4 tbsps.	323
Cashews—salted—1/4 cup	331
Chicken salad—four ounces	197
Coconut—Baker's—1/3 cup	333
Cole Slaw—with mayonnaise—1/2 cup	325
Lettuce with French dressing—4 leaves	326
Macaroni Salad—one cup	327
Nuts—party mix—1/4 cup	332
Salad—chicken/celery—4 tbsps.	324
Submarine sandwich—lunch meat—8 long	330
Welsh Rarebit—Stouffer's—5 ounces	998

DESSERTS, SWEETS AND SNACKS

Apple fritter—Mrs. Paul's—two	680
Bar—Dole Fruit'n Juice Bars—typical	974
Bar—Sunkist Lemonade Bar—one	942
Bar—Sunkist Orange Juice Bar—one	941
Bugles—Nacho cheese snacks—one ounce	353
Cake from mix—Bundt—one slice	698
Cake—Pillsbury Devil's Food mix-slice	699
Cake—Snack Cake—Suzy Q's—chocolate	868
Cake—Snackin' Mix—typical—1 slice	665
Candy—3 Musketeers—one two ounce bar	354
Candy—carmel—three pieces	355
Candy—Chocolate almond bar—one	358
Candy—Gum Drops—ten small pieces	360
Candy—Jelly Beans—1/4 cup	361
Candy—Kit Kat Bar—one bar	362
Candy—Life Savers—five pieces	363
Candy—M&M's—1.7 ounce bag	405
Candy—Milky Way Bar—two ounce bar	364
Candy—Nestle Crunch Bar—1.4 oz. bar	365
Candy—Oh Henry!—two ounce bar	695
Candy—Raisinets—1.5 ounces	975
Candy—Reese's Peanut Butter Cup—two	366
Candy—Snickers Bar—one ounce bar	367
Carrot Cake—Weight Watchers—3 ounces	955

Cheese Puffs—Cheetos—one ounce	368	Peanuts/choc.—Nestle Goobers—1.5 oz.	374
Cheesecake—Sara Lee Lights—1 cake	370	Pie—Apple—frozen—Mrs. Smiths—1/8	232
Cheesecake—Sara Lee—original—slice	369	Pie—Apple—homemade—one slice	409
Cheesecake—Weight Watchers—4 ounces	954	Pie—Apple—Mrs. Smith 10—1/8 pie	408
Cheez Doodles—corn puffs—one ounce	829	Pie—Banana Cream—Frozen—one slice	410
Cheez Waffles—one ounce	830	Pie—Banana Cream—frzn—Banquet-slice	234
Chocolate Bar—Nestle—1.45 oz. bar	356	Pie—Blueberry—homemade—one slice	411
Chocolate bits—Toll House—one ounce	373	Pie—Boston Cream from mix—Crocker	420
Chocolate cake—microwave mix—Pillsb.	700	Pie—cherry—frozen—1/6 24 oz. pie	245
Chocolate eclair with custard—one	371	Pie—cherry—frozen—one slice	412
Chocolate Syrup—two tbsps.	375	Pie—cherry—homemade—one slice	413
Chocolate—one ounce	372	Pie—Hostess Apple—one individual pie	860
Chocolate—unsweetened—one ounce	521	Pie—Hostess Blueberry—individual pie	861
Cookies—see grain products		Pie—Hostess Cherry—individual pie	862
Cool 'N Creamy—1/2 cup	376	Pie—Hostess Peach—individual pie	863
Cool Whip—one tablespoon	377	Pie—Hostess Snack Pie—one typical	279
Corn Chips—Flavor Tree—one ounce	937	Pie—Hostess Strawberry—individual pie	864
Corn Chips—Nachos—Doritos—one ounce	378	Pie—Lemon Meringue—1/8 of 9 pie	414
Corn Crunchies—Wise—one ounce	832	Pie—Mince Meat—one slice	415
Corn Puffs—Wise—cheese flavored—1 oz	828	Pie—peach—frozen—1/6 of 24 oz. pie	285
Cracker Jack—two ounces	379	Pie—peach—one slice—homemade	416
Crackers—Cheese Nips—13 per 1/2 ounce	685	Pie—pecan—one slice	417
D Zerta from skim milk—1/2 cup	428	Pie—pumpkin—one slice	418
Donut—Hostess chocolate—one	677	Pie—Strawberry—one slice	419
Donut—Hostess powdered sugar—one	678	Popcorn—Jiffy Pop microwave—4 cups	530
Donuts—Hostess Chocolate—one	865	Popcorn—Pillsbury Microwave—orig-3 c.	967
Donuts—Hostess plain—one	866	Popcorn—Pillsbury Microwave/butter-4c.	702
Fritos—one ounce	385	Popcorn—Pop Secret—3 cups	357
Fruit and Cream Bar—Dole—Blueberry	973	Popcorn—popped in oil—salted—1 cup	421
Fruit and Cream Bar—Dole—Strawberry	972	Popcorn—Wise cheese flavored—1 ounce	834
Fruit Bar—Jello—one bar	929	Popsicle—Kool Pop—one	422
Fruit Roll Up—one roll	390	Popsicle—Twin Pop	423
Fruit Rolls—Sunkist—typical flavor	940	Potato Chips—no salt—Wise's—one oz.	841
Fudge—chocolate—one ounce	392	Potato Chips—Pringle's—one ounce	921
Fudgesicle—one bar	391	Potato Chips—ten chips	424
Gelatin—Jello Brand dessert—1/2 cup	393	Potato Chips—typical—one ounce	831
Gelatin—Royal Brand—typical—1/2 cup	980	Pretzels—rods—Seyfert's—one ounce	836
Good Humor Bar—typical flavor—one	383	Pretzels—twisted—one pretzel	425
Granola Nuts—Flavor Tree—one ounce	939	Pudding Cup—Del Monte—five ounces	663
Gum—Beech Nut—one stick	434	Pudding Pie—Hostess—individual pie	869
Ice Cream Bar—Choc/Choc.—Haagen-Dazs	970	Pudding Pops—Jello—one pop	429
Ice Cream Bar—made from ice milk	395	Pudding Stix—Good Humor—one bar	432
Ice Cream Bar—Nestle Crunch	871	Pudding—chocolate—canned—Del Monte	427
Ice cream bar—vanilla w/choc. coating	394	Pudding—instant w/whole milk—1/2 cup	426
Ice Cream Sandwich	396	Raisins—golden—three ounces	430
Ice Cream Sandwich—chocolate chip	398	Rice Pudding—Jello w/whole milk-.5 cup	652
Ice Cream Sandwich—Nestle with chips	870	Sesame Nuts—Flavor Tree—one ounce	938
Ice Cream Soda—average—one cup	397	Sherbet—fruit flavored—1/2 cup	431
Ice Cream—10% fat—1/2 cup	399	Simple Pleasures—frozen dessert—6 oz.	359
Ice Cream—16% fat—1/2 cup	400	Snack Mix—Ralston—2/3 cup	875
Ice Cream—Borden strawberry—1/2 cup	825	Sorbet—Dole fruit flavor—typical-4 ozs	971
Ice Cream—Choc.—Baskin Robbins—2/3 c	381	Suzy Q's—Banana—one snack cake	867
Ice Cream—Cookie sandwich—Good Humor	407	Sweet Roll—Apple—Weight Watchers—one	915
Ice Cream—drumstick—one cone	384	Tapioca—Vanilla—whole milk—1/2 cup	436
Ice Cream—Haagen Dazs—Vanilla—4 ozs.	969	Topping—imitation cream—non dairy	315
Ice Cream—Lady Borden French Vanilla	433	Tortilla Chips—La Famous—one ounce	837
Ice Milk—Borden—chocolate—1/2 cup	826	Tortilla Chips—Old El Paso—ten chips	437
Ice Milk—Borden's—1/2 cup	401	Twinkie—snack cake—one	291
Ices—(slush)—fruit flavored—1/2 cup	402	Yogurt Bar—frozen—strawberry-coated	389
Jello Brand Gelatin—1/2 cup	393	Yogurt Bar—frzn—chocolate coated bar	386
Junket—made with skim milk—1/2 cup	403	Yogurt—frozen—Colombo—5 ounces	636
Junket—made with whole milk—1/2 cup	404	Yogurt—frozen—fruit flavored	388
Malted Milk—with ice milk—400 grams	382	Yogurt—frozen—soft serve—3.5 ounces	387
Marshmallow—two large or 20 mini	406		
Mousse—Jello—whole milk—.5 cup	380		
Oreos Cookies 'N Cream Sandwich—one	688		
Pastries—Toastettes—Nabisco—one	979		
Pastry—Danish—small—homemade—plain	435		
Peanuts—Chocolate Coated—one ounce	374		

COMBINATION FOODS

Baked Potato—cheese stuffed—frozen	956
Barbecue Beans—Campbell's—8 ounces	653
Beef Dinner—sliced—Hungry Man	786

Beef Pot Pie—Hungry Man—one pie	784	Pizza—Celeste sausage—1/4 20 oz. pie	491
Beef Sirloin Tip—frozen meal—12 oz.	493	Pizza—French Bread with sausage—12 oz	994
Beef Sirloin Tips—Le Menu meal	794	Pizza—Pillsbury Microwave—9 ounces	962
Beef Stew—homemade w/vegetables-1 cup	469	Pizza—Totino's Deluxe Sausage—1/4 pie	961
Beef Stroganoff—Green Giant—frzn-9 oz	703	Pizza—Celeste-Sausage for one	8
Beef Teriyaki—Stouffer's—9 3/4 ozs.	1000	Pork and Beans—Campbell—8 ounces	463
Cheese Dog—one	724	Pot Pie—Chicken—Swanson's—8 ounces	474
Cheese Hot Dog—Oscar Mayer—one link	483	Potato Salad—German style—Joan of Arc	958
Cheese Ravioli—Weight Watchers meal	965	Ravioli—beef—canned—1/2 can	495
Chicken & Noodles—homemade—one cup	471	Ravioli—Franco-American—7.5 oz. can	464
Chicken a la King—one cup—homemade	472	Rice Jubilee—1/2 cup	955
Chicken Ala King—Weight Watchers meal	966	Rice Pilaf—Green Giant—frozen—1/2 c.	696
Chicken Chow Mein & Rice—Lean Cuisine	987	Rice—fried—Minute—1/2 cup	645
Chicken Chow Mein—homemade—one cup	470	Rice-a-Roni—chicken flavored—1/2 cup	96
Chicken Cordon Bleu—Le Menu—11 ounces	506	Roast Beef Hash—Stouffer's—10 ounces	995
Chicken Dinner—frozen—typical—11 oz.	473	Roast Sirloin—Budget Gourmet—meal	713
Chicken Dinner—Hungry Man boneless	481	Salisbury Steak Dinner—Swanson	778
Chicken Oriental—Healthy Choice—meal	273	Salisbury Steak—Healthy Choice—meal	881
Chicken Pie—Stouffer's—one pie	1001	Salisbury Steak—Swanson 11 oz dinner	497
Chicken Teriyaki—Budget Gourmet 3 dish	872	Sauerkraut and Pork—six ounces	498
Chicken—Swanson boneless Hungry Man	782	Scrambled Eggs/Home Fries—Great Starts	468
Chili Con Carne—Beans—can—one cup	475	Seafood Creole—Swanson frozen—meal	775
Chili with beans—Libby's—cup	803	Shrimp Creole—Healthy Choice—meal	321
Chili with beans—Van Camp—one cup	477	Shrimp Creole—Healthy Choice—meal	879
Chili with meat—homemade—one cup	476	Sole Au Gratin—Healthy Choice—meal	880
Chili—Libby's—without beans—one cup	802	Sole—Le Menu meal	801
Chop Suey—homemade—one cup	478	Spaghetti & Meat Sauce—Franco American	500
Chopped Beef Steak—Hungry Man meal	783	Spaghetti & Meatballs—cup	502
Corn Beef Hash—Libby's—one cup	480	Spaghetti & Meatballs—Swanson 3 comp.	792
Corn Fritter—Mrs. Paul's—one	479	Spaghetti's with meatballs—7.5 oz can	772
Corned Beef Hash—Libby's—one cup	805	Spaghetti's—Franco Amer—1/2 can	503
Creamed Chicken—Stouffer's—1 serving	999	Spanish Omelet—Swanson frozen—7.75 oz	508
Eggs/Sausage/Hash Browns—Swanson frzn	791	Spanish Rice—homemade—one cup	505
Fettuccini Alfredo—Healthy Choice—meal	883	Stuffing—Stove Top Americana—1/2 cup	647
Flounder Filet—Le Menu frozen dinner	499	Stuffing—Stove Top beef flavor—1/2 c.	646
French Toast w/sausages—Swanson frzn	788	Sweet & Sour Chicken—Budget Gourmet	814
Fried Chicken Platter—Swanson—meal	776	Sweet & Sour Chicken—Le Menu meal	804
Glazed Chicken w/Rice—Lean Cuisine	989	Tamales—canned—two	504
Glazed Chicken—Healthy Choice meal	882	Tuna Helper—with tuna—1/3 package	666
Goulash—noodles with beef—six ounces	466	Tuna Lasagna—Lean Cuisine—10 ozs.	991
Ham Steak Dinner—Le Menu—meal	813	Turkey Breast—Le Menu frozen dinner	507
Hamburger Helper—1/3 lb. beef—1/3 pak	482	Turkey Dijon—Lean Cuisine—9 1/2 ozs.	992
Hot Dog with Chili—average—one	484	Turkey Dinner—Hungry Man frozen meal	787
Lasagna—3 cheese—Budget Gourmet meal	714	Turkey Pie—Hungry Man—one pie	779
Lasagna—Celanto—7 ounces	919	Turkey Tetrazzini—Stouffer's—10 oz.	997
Lasagna—Ital. sausage—Budget Gourmet	496	UFO's—Franco-American—7.5 ounce can	771
Lasagna—Swanson Homestyle—frzn—meal	501	Veal Parmigiana—Hungry Man meal	785
Lean Cuisine Deluxe Pizza—one serving	993	Vegetable Lasagna—Le Menu—11 ounces	494
Lean Cuisine Zucchini Lasagna—package	986	Vitamin Supplement—typical multiple	914
London Broil—Weight Watchers—meal	719		
Macaroni & Cheese—canned—one cup	486		
Macaroni & Cheese—Franco Amer—8 ozs.	770		
Macaroni and Cheese Mix—3/4 cup	485	BREAKFAST CEREAL	
Macaroni and Cheese—Swanson frzn meal	780	40% Bran Flakes—Kellogg's—2/3 cup	509
Macaroni w/Beef—Franco Amer—one can	769	All Bran cereal—1/3 cup	850
Macaroni/Beef—Swanson frozen meal	487	Alpha-Bits cereal—one cup	510
Meat Loaf—Swanson—frozen	777	Apple Jacks cereal—one cup	511
Mexican Dinner—Swanson frozen combo	488	Bran Buds cereal—1/3 cup	851
Mexican Meal—Hungry Man frozen meal	781	Bran Chex—2/3 cup	512
Noodles—Cremette Egg—dry—two ounces	634	Bran Muffin Crisp cereal—2/3 cup	538
Noodles—Mueller's Egg—2 oz	943	Bran—unprocessed—Quaker-2 tablespoons	536
Omelets/ham/cheese sauce—Swanson frzn	789	Breakfast Bar—Carnation—typical-one	514
Oriental Beef/Veg./Rice—Lean Cuisine	990	Cap'n Crunch cereal—3/4 cup	513
Oriental Chicken—Le Menu meal	795	Cheerios—one cup	515
Pancakes/Sausage—Swanson Great Starts	467	Cocoa Krispies cereal—1/2 cup	852
Pasta Primavera—Stouffer—1/2 package	996	Cookie Crisp cereal—vanilla—one cup	876
Pasta Primavera—Weight Watchers meal	964	Corn Chex cereal—one cup	710
Pizza Roll—Pepperoni—Jeno's—one	490	Corn Flakes—Kellogg's—one cup	517
Pizza—Celeste pepperoni—1/4 19 oz pie	492	Cracklin' Oat Bran cereal—1/2 cup	853
		Cream of Wheat—instant—one ounce	519

Cream of Wheat—quick—dry—one ounce	518	DQ—Cone—Vanilla dipped in choc.-small	617
Crispix cereal—3/4 cup	520	DQ—Delight—one	624
Farina—Wheat—Pillsbury—2/3 cup	522	DQ—Dilly Bar—one bar	630
Fiber One cereal—1/2 cup	516	DQ—Double Delight	623
Figurines 100—Pillsbury—one bar	523	DQ—Freeze—medium	626
Froot Loops cereal—one cup	524	DQ—Ice Cream Sandwich	631
Frosted Krispies—3/4 cup	854	DQ—Mr. Misty Freeze	628
Frosted Miniwheats—four biscuits	529	DQ—Mr. Misty—medium—one	627
Fruit & Fibre cereal—1/2 cup	525	DQ—Parfait—one	621
Fruitful Bran cereal—3/4 cup	533	DQ—Peanut Buster Parfait—one	622
Golden Grahams cereal—one ounce	526	DQ—Strawberry Shortcake—one	625
Granola Bar—Nature Valley—one bar	540	DQ—Sundae—typical—large—one	620
Granola Bar—Quaker chewy—one bar	546	DQ—Vanilla cone dipped in choc—large	619
Granola—Nature Valley—average—1/3 c.	664	DQ—Vanilla cone—choc. dipped—medium	618
Grape Nut Flakes—4/5 cup	527	KFC—Baked Beans—individual serving	587
Grape Nuts—1/4 cup	528	KFC—Breast—extra crispy—one	585
Honey Nut Cheerios—3/4 cup	532	KFC—Breast—original recipe—one	582
Honey Smacks cereal—3/4 cup	855	KFC—Buttermilk Biscuit—one	576
Just Right w/fruit—Kellogg's—3/4 cup	859	KFC—Cole Slaw—one serving	574
Kellogg Corn Pops—one cup	555	KFC—Corn on the cob—one	573
Kellogg Frosted Flakes—3/4 cup	556	KFC—Drumstick—extra crispy—one	584
Kix cereal—one and 1/2 cups	534	KFC—Drumstick—original recipe—one	581
Life cereal—2/3 cup	535	KFC—Kentucky Fries—one serving	588
Maypo Oatmeal—30 second—1 dry ounce	537	KFC—Kentucky Nuggets—one	575
MCD—shake—medium—vanilla or strawb.	570	KFC—Mashed potatoes and gravy—serving	579
Museli—Ralston—with dates—1/2 cup	877	KFC—Nugget Sauce—typical variety	580
Nabisco 100% Bran—1/2 cup	539	KFC—Thigh—extra crispy—one	586
Nut & Honey Crunch—Kellogg's—2/3 cup	857	KFC—Thigh—original recipe—one	583
Nutri-Grain Wheat—2/3 cup	858	KFC—Wing—extra crispy—one	577
Nutrific Oatmeal Flakes—one cup	541	KFC—wing—original recipe—one	578
Pac Man cereal—one cup	531	MCD—Apple pie—one serving	572
Pop Tart—typical flavor—one	542	MCD—Big Mac	567
Product 19 cereal—one cup	543	MCD—Breakfast sausage—one serving	563
Puffed Wheat or Rice—one cup	544	MCD—Chicken McNuggets—six—plain	564
Quaker 100% Natural cereal—1/2 cup	545	MCD—Egg McMuffin—one	560
Quaker Oats—cooked—2/3 cup	548	MCD—French fries—medium	569
Quaker Oats—instant—dry—one packet	547	MCD—Hot Fudge Sundae—lowfat yogurt	571
Quaker Whole Wheat—cooked—2/3 cup	549	MCD—Mc D.L.T	568
Raisin Bran—Kellogg's—3/4 cup	550	MCD—McDonald's Hotcakes—butter/syrup	561
Raisins Rice & Rye cereal—3/4 cup	551	MCD—Quarter Pounder with cheese	566
Raisins Rice & Rye cereal—3/4 cup	856	MCD—Quarter Pounder—one	565
Rice Chex cereal—1.1 cup	711	MCD—Scrambled Eggs—McDonald's	562
Rice Krispies—one cup	552	Taco Bell—Beefy Tostada	597
Shredded Wheat—two biscuits	553	Taco Bell—Burrito Supreme	598
Slender—Carnation—two bars	731	Taco Bell—Taco	599
Special K—one cup	554	Taco Bell—Taco Light—one	602
Sunflakes Multi-Grain cereal—one cup	874	Taco Bell—Taco Salad	601
Total—one cup	557	Taco Bell—Tostada—one	600
Trix—one cup	558	Wendy—Bacon Cheeseburger—one	605
Wheat Bran—Kretschmer toasted—1 ounce	932	Wendy—Chili—8 ounce bowl	609
Wheat Chex cereal—2/3 cup	712	Wendy—Double Burger with cheese	607
Wheat Germ—Kretschmer regular—1/3 cup	931	Wendy—Double Burger—one	604
Wheaties—one cup	559	Wendy—French Fries—regular serving	610

FAST FOOD

Arby—French Dip sandwich	614	Wendy—Single Burger—white bun	603
Arby—Ham 'N Cheese sandwich	615	Wendy—Single with cheese	606
Arby—Roast Beef sandwich	612	Wendy—Taco Salad—one	608
Arby—Super Roast Beef—one	613	Wendy-burger w/ketchup/mayo/pick/tom/lett	603
BK—Chicken Broiler Sandwich	595		
BK—Chocolate Shake—ten ounces	596		
BK—Double Whopper	591		
BK—Double Whopper with cheese	592		
BK—French fries—medium salted	593		
BK—Onion rings	594		
BK—Whopper sandwich	589		
BK—Whopper with cheese	590		
DQ—Buster Bar—one bar	629		

FRUITS

Apple—raw with skin	44
Apples—dried—two ounces	744
Applesauce—Del Monte—1/2 cup	45
Apricots—fresh—average size—three	47
Banana—medium—Del Monte	49
Blueberries—fresh—1/2 cup	50
Blueberries—frozen—1/2 cup	51
Cantaloupe—fresh—1/2 melon	52

Cherries—canned—Del Monte—1/2 cup	924	Cauliflower—cheese sauce—Birds Eye	762
Cherries—frozen—sweetened—1/2 cup	53	Cauliflower—fresh cooked—one cup	93
Cherries—frozen—unsweetened—1/2 cup	54	Cauliflower—frozen—1/2 cup	94
Cherries—raw—sweet—10 cherries	55	Celery—raw 8 inch stalk	95
Fruit cocktail in syrup—Del Monte	56	Collards—fresh cooked—one cup	97
Fruit cocktail—lite—Del Monte	57	Corn on cob—fresh—medium	101
Fruit Cup—Del Monte mixed—5 ounce cup	928	Corn—canned whole kernel—1/2 cup	99
Fruit—Mixed lite—Birdseye—5 ounces	754	Corn—frozen niblets in butter—1/2 cup	98
Grapefruit—fresh—pink—1/2	58	Corn—frozen—Birdseye—4 ounces	100
Grapefruit—fresh—white—1/2	59	Cucumber—raw—peeled—1/2 cup	102
Grapes—fresh—one cup	60	Eggplant—cooked—1/2 cup	104
Honeydew melon—fresh—1/4 melon	61	Fish Fillets—Batter—Mrs. Pauls—2 s	907
Mandarin Oranges—canned—six ounces	656	Garden Salad—Joan of Arc—1/2 cup	960
Mandarin oranges—Del Monte—6 oz.	112	Green beans—canned—Del Monte	105
Melon balls frozen in syrup—1 cup	62	Green beans—fresh—cooked—1/2 cup	106
Mixed Fruit—Chunky Lite—1/2 cup	746	Green beans—frozen in polybag—6 oz.	107
Mixed Fruit—chunky—Del Monte—.5 cup	657	Green Beans—frozen—Birds Eye—3 oz.	152
Mixed Fruit—frozen—Birdseye—5 ounces	649	Jalapeno Peppers—Vlasic—one ounce	910
Nectarine—fresh—average size	63	Kidney Beans—B&M baked—8 oz. (7/8 c.)	918
Orange—fresh—medium size	64	Lettuce—fresh—1/4 head	110
Papaya—fresh—2/3 cup	658	Lima Beans—frozen—Birds Eye—1/2 cup	757
Peach—canned in syrup—1/2 cup	66	Macaroni—Spinach Ribbons—dry—2 ounce	819
Peach—fresh—medium size	65	Mixed vegetables—canned—Del Monte	114
Peach—frozen—in syrup—1/2 cup	67	Mixed vegetables—frozen—Birdseye	115
Peaches—Libby's Lite—canned—1/2 cup	660	Mixed Vegetables—Japanese—Birdseye	109
Pear—fresh	68	Mixed vegetables—S.F. style—1/3 pack	135
Pears—canned—1/2 cup	69	Mixed vegetables—Italian—Birdseye	113
Pears—Del Monte Lite—1/2 cup	745	Mushrooms—raw—1/2 cup	116
Pears—Libby's Lite—can—1/2 cup	661	Okra—cut—frozen—Birds Eye—1/3 box	760
Pineapple Chunks—canned in juice—Dole	655	Onion rings—frozen—Mrs. Paul's—5 oz.	117
Pineapple—chunks in can—1/2 cup	70	Onions—Pearl—frozen—Birds Eye—3 oz.	758
Pineapple—fresh—one cup	71	Onions—raw—one thin slice	118
Plum—fresh—medium size	72	Pancakes—Potato from mix—3 cakes	707
Prunes—dried—with pits—two ounces	73	Pancakes—Potato from mix—three cakes	948
Raisins—3 ounces	74	Peas—canned—Green Giant	120
Raspberries—Birds Eye pouch—lite—5 oz	755	Peas—Cream Sauce—frozen—Birds Eye	761
Raspberries—fresh—1/2 cup	75	Peas—fresh—cooked—1/2 cup	121
Raspberries—frzn in lite syrup—5 oz.	648	Peas—frozen—plain—1/2 cup	122
Strawberries—fresh—one cup	76	Potato Flakes—Hungry Jack—1/2 cup	131
Strawberries—frozen in syrup—1/2 cup	77	Potato Medleys—Crocker—1/3 package	125
Tangerine—fresh—medium	78	Potato Puffs—Tasti Puffs—frzn—2.5 oz	767
Tomato—raw—medium	79	Potato—baked in skin—one medium	123
Watermelon—1/8 of whole melon	80	Potato—cottage fries—Birds Eye—frzn	764
		Potato—cottage fries—frozen—Ore Ida	742
		Potato—Crinkle Cuts—Ore Ida—3 ounces	651
		Potato—french fries—oven heated	126
		Potato—french fries—veg. shortening	127
		Potato—frozen hash browns—four ounces	650
		Potato—Hash Browns—frozen—Birds Eye	765
		Potato—mashed w/ milk & margarine	128
		Potato—Ore Ida Crispers—three ounces	743
		Potato—scalloped—1/2 cup from mix	129
		Potato—shoestrings—frozen Birds Eye	766
		Potato—Tater Tots—frozen—3 ounces	130
		Potato—whole boiled and peeled	124
		Pumpkin—canned—Del Monte—1/2 cup	925
		Radish—one small radish	132
		Refried Beans—Little Rancho—1/2 cup	823
		Rice—Minute Rice—plain—2/3 cup	134
		Rice—Uncle Ben's—brown—1/2 cup	133
		Sauerkraut—1/2 cup—canned	136
		Spinach—canned—Del Monte—1/2 cup	137
		Spinach—fresh—cooked—1/2 cup	138
		Spinach—frozen in butter sauce	140
		Spinach—frozen—chopped—3.3 oz.	139
		Squash—baked—winter—1/2 cup	143
		Squash—fresh—summer—1/2 cup	142
		Squash—winter frzn—Birds Eye—4 oz.	141
		Stir fry Chinese Veggies—Birds Eye	111

VEGETABLES

Artichoke Hearts—frozen—Birds Eye—3 oz	756		
Asparagus—canned—spears & tips	81		
Asparagus—fresh—cooked—6 spears	82		
Asparagus—frozen spears—3 oz.	83		
Avocado—one-half medium size	43		
Beans—Baked Vegetarian—B&M—8 oz.	917		
Beans—Barbeque baked—B&M—8 ounces	916		
Beans—Garbanzo—Joan of Arc—1/2 cup	957		
Beans—kidney—1/2 cup	48		
Beans—Pinto—Progresso canned—one cup	752		
Beans—Red Kidney—1/2 cup	753		
Beans—refried—Del Monte—1/2 cup	662		
Beets—canned—Del Monte—1/2 cup	84		
Beets—fresh—cooked—1/2 cup	85		
Blackeye Cowpeas—cooked—1/2 cup	86		
Broccoli—cuts—frozen—1/2 cup	88		
Broccoli—fresh—cooked—1/2 cup	87		
Broccoli/cheese sauce—Birds Eye—5 oz.	119		
Brussels Sprouts—Birds Eye—4 oz.	108		
Carrot—raw—medium	92		
Carrots—canned—1/2 cup	89		
Carrots—fresh cooked—1/2 cup	90		
Carrots—frozen—honey glaze—1/2 cup	91		

Stir Fry Vegetables—Birds Eye—1/3 box	763	Crackers—Oyster or soup—ten	270
Sweet potato—frozen—candied—1/2 cup	145	Crackers—Ritz—four crackers	263
Sweet potato—one baked potato	144	Crackers—Ry Crisp Natural—2 triples	264
Three Bean Salad—Green Giant—1/2 cup	146	Crackers—Rycrisp—1/2 ounce	878
Three Bean Salad—Joan of Arc—1/2 cup	959	Crackers—Salted Soda—Saltines—five	265
Tomato—canned—stewed—1/2 cup	147	Crackers—Town House—five crackers	736
Tomato—raw—one medium with skin	148	Crackers—Triscuits—three crackers	267
Tomato—raw—medium	79	Crackers—Waverly—four	271
Turnips—fresh—cooked—1/2 cup	149	Crackers—Wheat Thins—8 crackers	266
Wax beans—canned—Del Monte—1/2 cup	150	Crackers—Wheatsworth Wheat—four	978
Wax Beans—fresh—cooked—1/2 cup	151	Crackers—Zesta Saltines—five crackers	735
Zucchini sticks—Mrs. Paul's—3 ounces	681	Croissant—Pepperidge Farm—one	290
Zucchini—frozen—3.3 ounces	153	Croutons—Pepperidge Farm—seasoned—1/2 oz	902
Zucchini—sliced—frozen—1/3 package	759	Cupcake—brown with frosting—one	272

GRAIN PRODUCTS

Animal Crackers—Barnum's—10 cookies	248	Danish Rolls—two small rolls	275
Bagel—egg—one roll	233	Date Loaf—Quick Bread Mix—1/12 loaf	946
Banana Bread—Quick Mix—1/12 loaf	945	Donut—Hostess Powdered sugar—one	276
Barley—Quaker—1/4 cup	103	English Muffin—Wonder brand—one	676
Biscuit—Pillsbury Buttermilk—one	704	English Muffin—Wonder—one	282
Biscuit—Pillsbury Hungry Jack Flaky—1	705	Flour—all-purpose—one cup	667
Biscuits—Pillsbury Butter—1 biscuit	951	Flour—self rising—one cup	668
Biscuits—Pillsbury Country Style—1	235	Flour—whole wheat—one cup	669
Biscuits—Ballard Overready Buttermilk—1	952	French Toast—Aunt Jemima frozen—2	277
Bread—100% whole wheat—one slice	236	French Toast—two slices	616
Bread—cinnamon raisin—one slice	237	Fried Rice—La Choy—.75 cup	465
Bread—Fresh Horizons wheat—2 slices	672	Gingerbread—Pillsbury mix—3 square	949
Bread—Hollywood—dark—two slices	674	Ho Ho Snack Cake—one	278
Bread—Roman Meal—one slice	673	Melba Toast—Cheese Rounds—5 crackers	815
Bread—rye—1 slice	238	Melba Toast—white—three slices	816
Bread—white—Wonder—two slices	239	Melba Toast—whole grain—three slices	817
Brownie—Pillsbury—Mix Deluxe—1 bar	240	Muffin—blueberry—homemade—one	280
Bun—hamburger—one bun	241	Muffin—blueberry—Pepperidge Farm—1	246
Bun—hot dog—one bun	242	Muffin—corn—homemade—one	281
Cake—German Chocolate—1/8 cake	244	Muffin—English—Wonder—one	282
Cake—white mix—Pillsbury—1 slice	243	Muffins—Banana Nut Toaster Muffin—one	963
Coffee Cake—apple—frozen—1/6 of cake	247	Pancakes & blueberries—frzn—Swanson	790
Cookies—Almost Home Chocolate Chip—2	976	Pancakes—buttermilk from mix—three	284
Cookies—Almost Home—sugar—2	250	Pancakes—Hungry Jack mix—3 pancakes	283
Cookies—Animal crackers—10 pieces	248	Pancakes—Panhakes—Hungry Jack—three	944
Cookies—Bisco's sugar wafers—4	252	Pancakes—Pillsbury Microwave—orig—3	968
Cookies—Cameo Creme—three	684	Pancakes—Potato from mix—3 cakes	707
Cookies—Chips Ahoy—1	253	Pie Crust—Pillsbury 1/8 of 2 crust pie	953
Cookies—chocolate graham—2 cookies	251	Pop Tart—Kellogg's—typical flavor—one	286
Cookies—Fig Newtons—two cookies	254	Rice cakes—Quaker—1 cake	7
Cookies—Fudge Stripes—one	934	Rice—Minute Rice—plain—2/3 cup	134
Cookies—Ginger Snaps—four cookies	257	Rice—Uncle Brown's—brown—1 cup	133
Cookies—Keebler Chips Deluxe—one	933	Roll—Dinner Roll—enriched—one	287
Cookies—Keebler Oatmeal—one	739	Rolls—Pepperidge—butter crescent—one	905
Cookies—Mallomars—two	687	Rolls—Pillsbury Crescent—1 roll	947
Cookies—Mint Milano—two	256	Rolls—Wonder Home Bake—two rolls	675
Cookies—Nestle Toll House—2 cookies	904	Spaghetti—Creamette—dry—two ounces	818
Cookies—oatmeal raisin—Almost Home—1	249	Spaghetti—enriched—plain—one cup	288
Cookies—Oreos—three cookies	258	Stuffing—Pepperidge Farm—cube—1 oz.	903
Cookies—Peanut Creme—two cookies	259	Stuffing—Uncle Ben's—bread—1/2 cup	289
Cookies—Pinwheels—2	255	Superoni—Prince—cooked—one cup	919
Cookies—shortbread—Pepp. Farm—2	260	Tomato—raw—one medium with skin	148
Cookies—Teddy Grahams—11 cookies	686	Waffles—Aunt Jemima—Blueberry—2	292
Cookies—Vanilla Wafers—Keebler—three	935	Waffles—frozen—Eggo brand—one	294
Cookies—Vanilla Wafers—three	738	Waffles—frozen—Nutri-Grain—one	293
Corn Bread—from mix—one two inch sq.	261	Waffles—homemade—one	295
Crackers—Goldfish—ten crackers	262	Wheat Bran—Kretschmer toasted—1 ounce	932
Crackers—Graham Crackers—two	269	Wheat Germ—Kretschmer regular—1/4 cup	931
Crackers—Harvest Wheat—three	740	Zwieback Toast—Nabisco—2 pieces	977
Crackers—Honey Graham—two	717		
Crackers—Keebler Club—four pieces	737		
Crackers—Nabisco Sociables—six	268		

MEAT AND POULTRY

Bac*Os—bacon bits—one tablespoon	930
Bacon—cooked—two slices	175

Beef—ground round—four ounces	200	Salami—hard—Oscar Mayer—one slice	729
Beef—lean chuck roast—braised—6 oz.	176	Sandwich Spread—Oscar Mayer—2 ounces	224
Beef—porterhouse—lean—trimmed-1 lb.	178	Sausage—Smokees—Eckrich—2 links	225
Beef—rib roast—six ounces	179	Sausage—Vienna in BBQ sauce—1/2 can	741
Beef—rib steak—lean—six ounces	180	Sloppy Joe with Beef—Libby's—2 2/3 cup	807
Beef—round steak—lean—six ounces	181	Smokie Links—Oscar Mayer—one link	226
Beef—Rump roast—lean—six ounces	182	Spam—Hormel—three ounces	227
Beef—sirloin steak—lean—six ounces	183	Spareribs—one five inch rib with fat	228
Beef—Sirloin tip roast—lean-6 ounces	185	Summer Sausage—one slice	229
Beef—T-bone—lean—broiled—7 oz.	184	Sweetbreads—one average	887
Bologna & Cheese—Oscar Mayer—1 slice	721	Turkey Roll—Mr. Turkey—2 slices	217
Bologna—regular thickness—2 slices	186	Turkey—roasted dark meat-thigh-no skin	230
Bologna—turkey—Eckrich—2 slices	187	Turkey—roasted light meat—1/2 cup	231
Bratwurst—one average sausage	188	Veal Cutlet—broiled—three ounces	889
Braunschweiger—Oscar Mayer—1 ounce	213	Veal Rib Chop—broiled—one medium	890
Breakfast Strips—Lean 'N Tasty—beef	720	Veal—loin chop—lean—one small chop	888
Canadian Bacon—one slice	189	Vienna Sausage in broth—three links	808
Chicken leg—fried—no batter-w/skin	192		
Chicken Spreadables—Carnation—1/4 can	734		
Chicken thigh—fried—one	193		
Chicken wing—roasted w/skin—one	194	FISH AND SEAFOOD	
Chicken—fried—dark w/skin—2 pieces	191	Bass—broiled—3.5 ounces	154
Chicken—fried—white w/skin—3 oz.	195	Bass—oven fried—four ounces	155
Chicken—roasted—dark no skin—6 oz.	190	Catfish Fillets—Mrs. Paul's—1 fillet	906
Chicken—white-roasted w/skin—3 ounces	196	Clams—raw—one medium size clam	156
Chopped Ham—Oscar Mayer—one slice	722	Clams—Snow's minced—6.5 ounces	827
Corned beef—3 ounces	198	Cod—broiled—four ounces	157
Deviled Ham—Libby's—1.5 ounces	806	Crab—steamed—3.5 ounces	158
Deviled Ham—Underwood—2 ounces	642	Deviled Crab—Mrs. Pauls—one piece	682
Fat-Add if you do not trim your meat	177	Filet of Fish Florentine—Lean Cuisine	988
Frankfurter—beef—Ball Park—one	207	Fish cakes—Mrs. Paul's frozen—two	683
Frankfurter—made from turkey meat	208	Fish fillets—Mrs. Paul's Natural—5 oz	679
Frog leg—fried—one medium leg	199	Fishsticks—frozen—typical—3 sticks	159
Ham and Cheese Loaf—one slice	845	Flounder—baked—four ounces	160
Ham Roll Sausage—Oscar Mayer—1 slice	846	Halibut—broiled—four ounces	161
Ham salad—spreadables—1/4 can	201	Lobster—broiled—medium whole	162
Ham Steaks—Jubilee brand—one slice	844	Oysters—fried in batter—1 oyster	164
Ham—Canned Jubilee—one ounce	843	Perch Fillets—Mrs. Pauls light—one	908
Ham—canned—Oscar Mayer Jubilee—2 oz	202	Perch—ocean perch—fried—4 ounces	163
Ham—cured and roasted—3 ounces	203	Salmon—broiled in butter—5 ounces	165
Ham—Oscar Mayer—cooked—one slice	723	Salmon—canned—1/2 cup	166
Hamburger—one lean 3 ounce patty	204	Sardines—in mustard sauce—one can	643
Hamburger—one medium fat 3 ounce patty	205	Scallops—ocean—breaded and fried—3	167
Head Cheese—Oscar Mayer—one slice	725	Shrimp—fried & breaded—one large .	169
Hot dog made from turkey meat—one	208	Shrimp—raw—ten small shrimp	168
Hot Dog—Ball Park—one	207	Swordfish—broiled—six ounces	170
Italian sausage—one inch slice	209	Trout—pan fried—four ounces	171
Lamb chop—with fat—one chop	210	Tuna salad—Spreadables—1/4 can	172
Lamb chop—without fat—one chop	211	Tuna—chunk in water—1/2 cup	716
Lamb Shoulder—roast—three ounces	884	Tuna—Chunk light in oil—1/2 cup	715
Lamb—Leg of lamb—roasted-trimmed-3 oz	212	Tuna—Fancy Albacore—water pak—3 oz.	849
Liver—calf—fried—three ounces	214	Tuna—white, canned in oil—3.5 ounces	174
Lunch Meat—Honey Loaf—one slice	847	Tuna—white, canned in water—3.5 oz.	173
Lunch Meat—Liver Cheese—one slice	848		
Lunch meat—Oscar Mayer honey loaf	206		
Luncheon Meat—Oscar Mayer—1 slice	216	CONDIMENTS, SPREADS AND SAUCES	
Old Fashioned Loaf—Eckrich—1 slice	726	Apple Butter—Bama—two teaspoons	824
Pastrami—two ounces	222	Baking Powder—one teaspoon	901
Picnic Loaf—lunch meat—one slice	727	Baking Soda—one teaspoon	899
Polish Sausage—one 5 1/2 link	218	Barbecue Sauce—Open Pit—one tbsp.	438
Pork Chop—1 medium chop—trimmed	221	Bean Dip—Frito Lay—one ounce	439
Pork Loin—roast—lean—three ounces	886	Butter—regular—solid—1 tbsp.	440
Pork Sausage Patties—Oscar Mayer—one	842	Butter—whipped—one tablespoon	441
Pork Sausage—Little Friers—one	728	Catsup—one tablespoon	446
Pork Sausage—one four inch link	219	Corn Oil—Mazola—one tablespoon	641
Pork shoulder roast—three ounces	220	Cornstarch—one tablespoon	900
Pork Shoulder—four ounces	215	Dip—French Onion—Sealtest—1 tbsp.	442
Pork—Ribs—Roasted—3 ribs	885	Egg Beaters w/cheese—Fleischmann—1/4 c	984
Salami—cotto—Oscar Mayer—1 slice	223	Frosting—typical for one slice cake	701
		Gelatine—Knox—one envelope	936

Gravy—brown from Pillsbury mix—1/4 c.	697	Soup—Cream of Celery—one cup	799
Gravy—brown—homemade—4 tablespoons	443	Soup—Cream of Mushroom—one cup	339
Gravy—Franco-American Turkey—2 ozs.	913	Soup—Green Pea—Campbell's—one cup	344
Hollandaise sauce from mix—3 tbsp.	708	Soup—Lipton instant vegetable	350
Honey—1/2 cup	892	Soup—Minestrone—Progresso—one cup	749
Honey—tablespoon	891	Soup—Nacho Cheese—Campbell's—cup	348
Jam—low calorie—typical—1 teaspoon	445	Soup—Split pea w/ham & bacon—one cup	345
Jam—typical flavor and brand—1 tsp.	444	Soup—Split Pea—Progresso—one cup	751
Ketsup—one tablespoon	446	Soup—tomato—4 oz. soup & 4 oz. milk	346
Lard—1/2 cup	893	Soup—tomato—Campbell—one cup	347
Margarine—Diet Blue Bonnet—one tbsp.	981	Soup—Tomato—Progresso—one cup	750
Margarine—one tablespoon	447	Soup—Vegetable—Campbell—one cup	351
Mayonnaise—imitation—one tablespoon	449	Sunflower Seeds—dried—1/4 cup	352
Mayonnaise—one tablespoon	448		
Mustard with horseradish—one tbsp.	709		
Mustard—French's yellow—1 tablespoon	450		
Oil—vegetable—one tablespoon	895		
Olives—green—two	451	CHEESE, EGGS, DAIRY PRODUCTS	
Peanut Butter—Bama—two tablespoons	822	Buttermilk—one cup	632
Peanut Butter—Jif—one tablespoon	922	Cheese food—American—Kraft—one ounce	297
Picante Sauce—Wise—2 tablespoons	839	Cheese Product—Lite Line—one ounce	640
Pickle Relish—sweet—one tablespoon	452	Cheese Product—Swiss Lite—Borden—oz.	821
Pickle—dill—whole pickle	453	Cheese Product-Lite Line Amer/low sod..	840
Pickle—sliced—two	454	Cheese Sauce—two tablespoons	298
Plum Pudding—R&R brand—2 wedge	873	Cheese Spread—Velveeta—one ounce	299
Preserves or jam—one tablespoon	455	Cheese Whiz—Kraft—one tablespoon	300
Relish—Hot Dog—Vlasic—one ounce	909	Cheese—Brie—one ounce	747
Salad dressing—creamy—typical—1 tbsp	456	Cheese—Cheddar natural—one ounce	296
Salad dressing—oil based—diet—1 tbsp	457	Cheese—Colby—one ounce	301
Salad dressing—oil—typical—1 tbsp.	458	Cheese—Monterey Jack—one ounce	309
Salad dressing—Wishbone average—tbsp.	328	Cheese—Mozzarella—part skim—1 ounce	311
Salad dressing—Wishbone lite—1 tbsp.	329	Cheese—Processed American—one ounce	312
Shortening—Crisco—one tablespoon	894	Cheese—Processed food—Borden—1 oz.	820
Sour Cream Sauce—Lipton—1/2 cup	489	Cheese—Swiss—natural—one ounce	313
Sour Cream—one tablespoon	459	Cheese—Swiss—processed—one ounce	314
Spaghetti Sauce—Prego meat flav—4 oz	911	Cheese—Wispride medium cheddar—1 oz.	689
Spaghetti Sauce—Prego meat flav.—4 oz	912	Cottage cheese—2% lowfat—1/2 cup	302
Sprinkle Sweet—sweetener—one teaspoon	950	Cottage Cheese—4% milkfat—1/2 cup	635
Sugar—brown—packed—one cup	811	Cream cheese—one ounce	303
Sugar—white—granulated—1 tablespoon	809	Cream—Half and Half—one tablespoon	304
Sugar—white—granulated—one cup	810	Egg Beaters—Fleischmann's—1/4 cup	983
Sweet 'N Low—one teaspoon	460	Egg—fresh—large—one	896
Syrup—pancake—one tablespoon	461	Egg—large—fried	306
Taco Sauce—El Molino—2 tablespoons	838	Egg—large—hard boiled	307
Tartar Sauce—Hellmann's—1 tbsp.	462	Egg—Omelet with one large egg	310
Tomato Paste—Contadina—six ounces	733	Egg—white only—large—one egg	897
Tomato Sauce—Contadina—1/2 cup	732	Egg—yolk only—one large egg	898
Yeast—Fleischmann's Active Dry—1 pack	982	Eggs—scrambled w/butter & milk—1/2 c.	308
		Fish Nuggets—Swanson 4 compartm. meal	793
		Lean Cuisine Beef/Pork Cannelloni—one	985
		Milk—condensed—Eagle brand—1/3 cup	637
		Non-Dairy Cream—Cremora—one teaspoon	633
		Omelet—made with one large egg	310
		Topping—whipped in pressured can	316
		Yogurt—2% milkfat—Meadow Gold—1 cup	835
		Yogurt—Dannon low fat fruit—container	317
		Yogurt—fruit—Weight Watchers—8 oz.	690
		Yogurt—Lite Line fruit flavored—8 oz.	639
		Yogurt—Liteline—1 cup	833
		Yogurt—low fat—plain—6 ounces	318
		Yogurt—Yoplait breakfast style—6 oz.	319
		Yogurt—Yoplait custard style—6 ounces	320
		Yogurt—Yoplait—fruit flavors—6 ozs.	671
		Yogurt—Yoplait—plain—6 oz. container	670

SOUPS AND NUTS

Bouillon Cube—Wyler's—one cube	638
Bouillon—Maggi—Chicken flavor—1 cube	691
Cream of Chicken Soup—Campbell's—cup	797
Oyster Stew—Campbell's—milk—1 cup	796
Peanut Butter—Skippy super chunk	334
Peanuts—Planters—salted—1/4 cup	336
Peanuts—roasted in shell—ten nuts	335
Pecans—unsalted and chopped—1/4 cup	337
Soup—Beefy Mushroom—one cup	800
Soup—Campbell—beef noodle—one cup	338
Soup—Campbell's Chunky Beef—9.5 oz.	340
Soup—Chicken Broth—one cup	341
Soup—Chicken Noodle—Campbell's—1 cup	342
Soup—Chicken Noodle—low salt—11 ozs.	768
Soup—Chicken Vegetable—Campbell's—c	798
Soup—Chicken—Progresso—one cup	748
Soup—chowder—New Eng. w/milk—9.5 oz.	343
Soup—Chunky Vegetable—11 ounces	349